

## ANNUAL COLLEGE MAGAZINE 2022-23



STRONG. POWERFUL. BEAUTIFUL.





*"An intricate tapestry of words, colours  
and perceptions."*

# HIGHLIGHTS OF THE MAGAZINE



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MCODS, Mangalore means a great deal to me. I have been a part of this college for more than 3 decades and I can say that I have grown with it. On returning from my years abroad I realised the true importance of this University and its core beliefs.

Skill set and knowledge can be imparted by all but what makes us special is the attitude and the human touch we inculcate into our students. We try and embed transparency, integrity, execution skills, passion, and team spirit to help them break through the glass ceiling.

We have integrated and value-added courses, to ensure that as you pursue your studies, you also seek to create a positive impact on your community, society, and the world at large.

Speaking of innovation and solutions, I hope to see happier faces once we have renovated and moved into our new campus. Attavar in its prime was one of the best centres for dental care in the country, in fact, the president of the DCI himself had taken it as an example in one of his presentations. Attavar still stands and will continue as a small-scale dental unit to benefit the patients coming in directly from the hospital.

Overall, I am very sure that this year too our college Editorial Board with its formidable conduction, unwavering enthusiasm, and determination will produce an outstanding magazine.



**PRO VICE CHANCELLOR  
DR. DILIP G NAIK**



MCODS, Mangalore holds a special and profound significance to me. It represents not only an educational institution but also a hub of knowledge, innovation, and excellence in the field of dentistry a place where we nurture the future of dental professionals and contribute to improving oral healthcare by providing high-quality dental education, research, and patient care. It is a testament to our dedication to producing competent, compassionate, and ethical dental practitioners who can address the ever-evolving challenges in oral health. This institution embodies the core values of integrity, innovation, and community service.

Manipal College of Dental Sciences is committed to instilling core values in our students that we believe are essential for their personal and professional success. Values like excellence, ethical integrity, compassion, innovation, critical thinking, and teamwork serve as a foundation for their education and future careers.

We are looking forward to several exciting developments and opportunities in the upcoming year. The few key areas of anticipation, the research projects and innovations that our faculty and students will undertake in the coming year will pave the path for groundbreaking discoveries and contributions to the field of dentistry. Our institution places great importance on the professional development of our faculty, and we look forward to seeing our faculty members engage in workshops, research, and training programs to continually enhance their teaching and mentoring skills.

We are exploring opportunities for international collaborations with other institutions and organizations. These partnerships will open doors for our students and faculty to gain valuable exposure to global best practices and research opportunities.

I believe our college magazine this year is a remarkable achievement and a testament to the talent, creativity, and hard work of our students, faculty, and staff.



**DEAN**

**DR. ASHITA UPPOOR**

As the Associate Dean of MCODS Mangalore, MCODS means a great deal to me. It represents a commitment to excellence in dental education, research, and healthcare. MCODS is not just an institution; it's a vibrant community of faculty, staff, and students who are all dedicated to a common goal - advancing the field of dental sciences and oral healthcare. MCODS embodies the values of integrity, innovation, and compassion. It's a place where we nurture the next generation of dental professionals, instilling in them not only the knowledge and skills required for their careers but also the importance of ethical practice and patient care. But beyond all these aspects, MCODS is a family. It's a place where meaningful relationships are formed, where students grow not just academically but also personally, and where lifelong bonds are created. The sense of community and support within MCODS is what truly makes it special. In summary, MCODS Mangalore is a hub of knowledge and research, where we continuously seek to push the boundaries of what is possible in dentistry.



**ASSOCIATE DEAN  
DR. JUNAID AHMED**

I've had a connection with MCODS Mangalore since 1988 when I first enrolled for my BDS. It's been more than three decades of my life in this institution and it has become like a second home and a second family to me.

MCODS Mangalore is always committed to Academic Excellence. We believe in overall training that includes Ethical and moral values, leadership initiatives, critical thinking, and problem-solving.

In my view, a graduating student should embody the qualities of an outstanding team player, demonstrate empathy towards their fellow human beings, and carry a burning enthusiasm for lifelong learning.

Every moment is enthralling here at MCODS Mangalore. I am positively buzzing with excitement with many incredible things on the horizon. "Alumni Connect 2024" is one of the events that will excite the outgoing interns.

Each year, it's clear that the magazine keeps getting better and better. And this year, I'm filled with the same hope and excitement for yet another remarkable edition.



**ASSOCIATE DEAN  
DR. ARATHI RAO**



## PRO VICE CHANCELLOR DR. DILIP G NAIK

*Best loved*



Kabhi Kabhi-Lata Mangeshkar,Mukesh



Machali for the amazing seafood



## DEAN DR. ASHITA UPPOOR

*Best loved*



Ruk Jana Nahin- Kishore Kumar



Hao Ming/Hao Hao (Thai crispy fried chicken)



## ASSOCIATE DEAN DR. JUNAID AHMED

*Best loved*



Kahin Door Jab Din Dhal Jaye-Mukesh



Maharaja Restaurant for its spicy seafood



## ASSOCIATE DEAN DR. ARATHI RAO

*Best loved*



I love songs that match the ambiance. That's why, for me, it's not about that ONE song.



Fish fry meals, Gadbad, Kori rotti, Neeru Dosa



*Favourites of Dignitaries*



# STAFF EDITORIAL



The magazine this year, Avyanna, in its literal sense is strong, beautiful and powerful. I am confident that the contents of the magazine will make its readers spell bound as they flip through the pages. This year around, Ms. Supriya Bahidar, the magazine editor and her team have given the magazine a fresh look in terms of the layout. This is the first time that our magazine is in a landscape model.

Apart from the regular treasure trove of memories and amazing content from the students of all years, this years magazine is unique in the sense of providing readers QR codes in some section which will enable them to watch videos as they read the content from this e book.

Like her colleagues from previous years, Supriya has led from the front and ensured content for the magazine from students of all years and faculty were received on time and curated to be showcased in the magazine. Dr. Jessica and Dr. Akansha her predecessors guided Supriya through-out the process of preparing the content for the magazine. Dewanshi's and Chaitanya's creativity has shone through their design of the front and back cover pages respectively. Prasad worked tirelessly to compile the content for the magazine. Supriya's ed board worked well as a team and they dedicated their heart and soul to making Avyanna a reality. A special mention for

Prem and Vinayak whose commitment towards the job in hand was unparalleled. I am sure the readers of the magazine will cherish every moment of this work of art and treasure it forever.

Ravikiran Ongole  
Staff Editor



# Chronicles of The Editor

Dear Readers,

*Your stories, your voices- A Realm of Feelings; reaching each heart in its own way. Every page designed has a tale to tell the readers. It is a journey to explore the beautiful, strong, and powerful minds of the MCODS Students bringing you engaging content, thought-provoking interviews, and inspiring stories.*

*The dedicated Editorial Team has worked tirelessly to curate articles to reflect the diverse perspectives, a blend of entertainment and insightful commentary. This year the magazine emphasizes a tinge of changes that blend well with the highlighted features. As you delve into the pages, you will experience how well the design in each page is crafted with passion and precision. "AVYANNA" – Weaving a Community Tapestry where each story brings impetus. It is a blunge of qualities, which create compelling narrative of resilience, grace, and impact.*

*Together, the synergy of Strength, beauty, and power paints a rich tapestry of human experience. Each page has our story of victory and failure, the emotion of the teamwork that made the dream work. The constant support of Staff Editor Dr. Ravikiran Ongole kept the Ed board members motivated to work onerously throughout the year. We have immense gratitude for our beloved dignitaries, faculty, team members, council members for making this dream come true.*

*With immense glory in our hearts, we now present you, The Annual College Magazine of MCODS, Mangalore 2022-23, "AVYANNA- Strong, Beautiful, Powerful."*

**Supriya Bahidar**  
**Magazine Editor**

**Dental Student Association 2022-23**







# Resolute

HEAD OF THE DEPARTMENTS ARE THE  
STEPPING STONES FOR A STRONG  
FOUNDATION.



# DR. RAMYA SHENOY



## **1.How was your UG life different from PG life?**

Undergraduate programs provide a broad overview of a field of study, covering various topics and concepts. Postgraduate studies, on the other hand, involve in-depth exploration of specific areas within a field. It involves team work and collaboration with other dept and other colleges.

## **2. Any favourite memory you want to share?**

When I completed my PhD, more than me my family was happy and had celebrated my completion.

## **3. What is the most Consistent thing you've observed as a professor in your long tenure of this institution?**

Stay motivated, Stay persistent, Take care of myself

## **4. What are the challenges that came along with being an HOD?**

Collaboration and communication with the other department. Human management and differentiating between those who are honest and those who take advantage of the system

## **5. What is the message you would like to give your students?**

You are in the right place to study and grow. Be sincere, honest and work hard. You will be successful and make your parents and teachers proud.

## **6. What is your favourite thing about your job?**

Serving community has become more easy and accessible

## **7.How did you get to your current role-what is your career story?**

This role is a standard requirement specified by the DCI. I bring 16 years of professional experience to the table, and our department mandates having two professors. Additionally, I hold degrees in MDS, MBA, PG Diploma in Bioethics, PG Diploma in Statistics, and a PhD. Notably, I have also obtained a Fellowship in Geriatrics from the University of Iowa, USA.

# DR.KARTHIK SHETTY



## **1.How was your UG life different from PG life?**

My UG life was from SDM dharwad , quite a long time back. It was alot of fun , we had a campus in Dhrwad one of the best dental schools in country. Very good learning experiences. The way of teaching still holds me in good state today which i why owe them alot. Compared to pg i was lucky enough to get into mcods in those days immediately after internship within 10 days. It was 3years of very intense post graduate time. We had great teachers in particular i had a amazing clinician Dr.Kamath. So it was wonderful to learn under him in my postgraduate.

## **2. Any Favourite memory you want to share ?**

I have had many memories. Everything was a good memory in my ug life . The friends , hostel and campus all were really good memories of my ug life. In my pg life i attended some conferences which were really great. Highlight of my postgraduate was i won scientific paper presentation.

## **3. What is the Most consistent thing you've observed as a professor in your long tenure of this institution ?**

The institution always wants to be best. There is a constant drive were they make sure they give a very high quality education to students and they also have faculty who are well motivated to particular targets. Genuinely impart skills and values to students.

## **4.What are the Challenges that came along with being an HOD?**

I always looked at everythng as an opportunity instead of a challenge. There was a leadership responsibility added up. We want to optimize what we like to achieve. I have always looked into positives in the challenges.

## **5.What is your Fav thing about your job ?**

I like the fact that teaching gives me a good different dimension , administration added to the activity i perform daily. I like both aspects as teaching gives me an opportunity to interact with students .A constant learning process. Administration gives me a position to change thjngs the way i want to have them and achieve it in an organized way and contribute to success.

## **6. How did you get to your current role- Career story- Current role?**

My student ug was in dharvad . My pg in mcods manglore. I joined this department in 2006. Almost 20 years in this department. It has been a wonderful job.

## **7. Describe a time you had to address Poor performance?**

I always looked at positives. I believe any individual will do the best and rest is left to chance.

## **8. What is the Message you'd like to give to your students ?**

There is no substitute for hard-work. Work towards your strength. Know what your strengths are,that will give u the best output for a ling period of time.set some goals.



# DR. SUPRIYA NAMBIAR



## **1.How was your UG life different from PG life?**

Undergraduate life was about learning within boundaries, the best of teachers, and great fun. Postgraduate life was hectic and learning without boundaries (almost like a mountain goat) under the best guides you could ever ask for and more of self-directed learning.

## **2.Any favorite memory you want to share?**

My 3 years of work at MCODS, Manipal was a wonderful experience I cherish.

## **3.What is the most consistent thing you have observed as a professor in your long tenure of being an HOD?**

Read the directions before asking questions; Follow them; Life becomes so much easier!!!

## **4.What message would you like to give your students?**

Dear Students,

As a short message to you all, I just have to say this, The world is what we perceive and we do not live in it rather we create it. It's a result of our attitude. We are all capable of creating the world we choose to live in and it will change according to our aspirations, beliefs, and efforts. So, be fearless and do not be constrained by what others will think. Be answerable only to your conscience.

## **5.What is your favourite thing about your job?**

I have to admit that it keeps my brain ticking and I get to interact with young blood brimming with ideas.

## **6.Describe a time when you had to address poor performance. How did this go?**

For this, I have to go back exactly 8 years to the time when we had Malaysian students. It was a surprise indeed that I had to counsel one. The poor performance was observed in the final year, compared to the third year when the student had performed well. I tried to intervene as a teacher during final year part 1 but was brushed off. This was followed by a bit of rudeness during the University exam with the external examiner, quite unnatural for a student who had always been mild and well-mannered. This set me thinking when I had to counsel her after the loss in Final year part 1(A surprise result from a Malaysian student). The trauma that the child had to undergo during her holidays after her third year was the cause, which she confided when she broke down. An eye-opener to what we teachers has to keep in mind when we deal with poor performers or any of our students.

## **7.How did you get to your current role -what's your career story?**

Wherever you reach in life, is about "Being at the right time at the right place.". I had a choice to make, whether I should be at MCODS, Mangalore, in 2011, a time of immense distress. I chose to be here. I worked without any expectations regardless of the surrounding environment and concentrated only on the work I had to accomplish for my sanity, which I continue to do. If there have been results during the journey, so be it, and I take it in my stride with all humility. Because I strongly believe that life comes a full circle.



### **1.How was your UG life different from PG life?**

Ug life was more playful. The college I did my ug from had exposed me to lot of procedures like RPDs , Fpds. So overall ug we learnt a lot . Ug I did from yennapoya ,PG was specific to subjects and the college gave us a free hand. If we were interested they used to let us do the procedures we like. Pg from Ab Shetty

### **2. Any favourite memory u want to share ?**

I had a lot of good friends especially hostelites. Saturday nights we used to stand on the balcony and watch young people in pub club. Hostel life near Moti mahal was the best memories I made.

### **3. What is the most consistent thing you've observed as a professor in your long tenure of being in this institution?**

All the staff are very passionate about teaching and the kind of teaching is consistently the same since the time I have joined. Foundation for students is strong.

### **4. What are the challenges that came along with being an HOD?**

To take all the people along with u. Each person's wavelength and mindset is different so adjusting to other's wavelength is a bit challenging that I had to deal with.

### **5. What is the message you'd like to give to your students ?**

Live for the day and enjoy life within limits.

### **6. What is your fav thing about your job?**

I think here everyone minds their own business , highly professional, no interference.

### **7. How did u get to your current role , your career story?**

Am highly competent person.I like working,am a workaholic. I finished my PG in 2005 i worked for 6 months in ab Shetty. 2006 I joined Mcods,almost 17 years of my career

# DR. PRASHANTHI M



**1. How was your UG life different from PG life?**

UG more relaxed & stress free

**2. Any favourite memory you want to share?**

Unlimited masti & ragging the seniors of other speciality (who later are our frnds in life)

**3. What is the most consistent thing you've observed as a professor in your long tenure of being of this institution?**

Change in student's attitude

**4. What are the challenges that came along with being an HOD?**

Time management

**5. What is the message you'd like to give to your students ?**

Consistency is the key

**6. What is your favourite thing about your job ?**

Always get to learn

**7. Describe a time when you had to address poor performance. How did this go?**

Patience and dedication towards ur goal

**8. How did you get to your current role - whats your career story ?**

Luck by chance, rather destiny



# DR.PREMALATHA SHETTY



## **1. How was your UG life different from PG life?**

My UG life was entirely different from PG life. As a UG student my interaction was limited to different dental departments. However, as a Maxillofacial postgraduate , I spent most of my time in OT, Wards and interacting with medical departments.

## **2. What is the most consistent thing you have observed as a professor in your long tenure of being in this institution?**

Attendance shortage of students and then requesting departments to conduct extra classes, to make up attendance

## **3. What are the challenges that came along with being a HOD?**

Many to name a few are like meetings, deadlines, people management and of course being a care centre, we have to manage complicated challenging maxillofacial cases on a daily basis

## **4. One Favourite quote.?**

If you have to choose between being kind and being right, choose being kind and you will always be right.

## **5. What is your favourite thing about your job**

As a Head of Department, i have the opportunity to interact with every UG student, PG student and faculty in the department. I enjoy interacting with people as it helps me to grow both personally and professionally.

## **6. What is the message you would like to give to your students?**

"Live life at your own pace life is not a race."

I am sure each one of you will become a kind-hearted professional and pursue a rewarding career

**ALL THE VERY BEST !!!**

# DR. SRIKANT N

## 1. How was your UG life different from PG life?

Undergraduate life was a journey of unique experiences and guided exploration. On the other hand, postgraduate life was a testament to perfection and grounded realities

## 2. Any favourite memory you want to share?

My life has been punctuated by a series of memorable dental experiences. One such incident occurred when I was in the 9th grade. A bicycle mishap resulted in a fractured front tooth, marking my first encounter with a dentist who performed a composite restoration. However, fate had another visit planned just a week later. Another fall led to a root canal treatment, adding yet another chapter to my dental saga

## 3.What is the most consistent thing you've observed as a professor in your long tenure of being of this institution?

The only constant in life is the unending evolution towards improvement and advancement. Lifelong learning is not just an option, but a necessity. The pursuit of knowledge should be ceaseless, for the moment you cease to learn, you cease to remain relevant

## 4. What are the challenges that came along with being an HOD?

Juggling time and meetings is like a circus act, with me as the star performer. Balancing administration feels like walking a tightrope, while managing people is akin to taming lions. And communication? That's the grand finale, the fire-breathing spectacle that keeps the show going!

## 5. What is the message you would like to give to your students?

"Listen up, scholars! Don't hit the brakes until your goal is just a speck in the rear-view mirror. Aim to outdo your own self from yesterday, but don't forget to chuckle at your own wisecracks. Think of lifelong learning as an all-you-can-eat buffet - there's always a new dish to savor. And hey, being humble and respectful is like wearing invisible socks - it might not be visible, but it sure makes a difference. So, keep filling your knowledge plate, keep tickling your funny bone, and most importantly, keep those invisible socks on!"

## 6. What is your favourite thing about your job?

My esteemed colleagues, without whom my journey would have been starkly different. I extend my heartfelt gratitude to all my colleagues, friends, and well-wishers at work who have been my guiding lights, my pillars of support, and my partners in progress. Your collective wisdom and camaraderie have enriched my professional life beyond measure

## 7. Describe a time when you had to address poor performance.how did this go?

My approach to addressing poor performance is rooted in leading by example and demonstrating the correct way of doing things. I believe that most instances of poor performance can be attributed to a mismatch between the individual's competencies and the tasks assigned to them, be it a student or a colleague. This, in many ways, is a reflection of my own oversight. Therefore, it's crucial to work alongside them, rather than exerting authority over them, to achieve the desired outcome. We must strive together, learn from our mistakes, and continuously work towards improvement. After all, growth is a collective effort.

## 8. How did you get to your current role - whats your career story?

My journey to my current role has been a beautiful tapestry woven with the threads of guidance, support, and continuous learning. The blessings of my mentors, teachers, and parents have been the wind beneath my wings, propelling me forward in my career. Their wisdom and encouragement have been my guiding light, illuminating my path during challenging times. The unwavering support of my spouse and colleagues has been my anchor, providing stability and strength. Their faith in my abilities has bolstered my confidence and spurred me to strive for excellence. Learning has been a constant companion on this journey. Every person I've encountered, every experience I've had, has been a lesson. I've learned not just what to do, but more importantly, what not to do. These lessons have shaped my professional ethos and honed my skills. In essence, my career story is a testament to the power of mentorship, support, and lifelong learning. It's a narrative of growth, resilience, and the relentless pursuit of excellence. And I am grateful for every chapter of this enriching journey.

# DR. THILAK SHETTY



## **1. How was your UG life different from PG life ?**

UG life was more of amazing both in personal and professional front but PG life was more exciting.

## **2. Any favourite memory you want to share?**

I was awarded best Intern of our batch ,also internship was time we were independently handling various patients visiting satellite centers of our college where we could get confidence in our profession .

## **3. What is the most consistent thing you've observed as a professor in your long tenure of being in this institution?**

Be grounded with values and your role which makes you a satisfied person.

## **4. What are the challenges that came along with being an HOD?**

As I assumed the post of HOD, lot of challenges were their like i had manage the overall responsibility of departmental activities and had to take the ideas of different stakeholders and implement them to the best of interest of our department and institution at large.

## **5. What is the message you'd like to give to your students ?**

Use your experience of the past and be experimental to improvement to achieve your expectation of your future.

## **6. What is the favourite thing about your job?**

Best thing about my job is satisfaction that you get when you enhance the looks and personality of your patients and better performance of your students .

## **7. Describe a time when you had to address poor performance. How did this go?**

Encourage the students who are not fairing good by quoting the success story of personalities who despite being average could reach the helm by consistent effort and commitment to their task undertaken.

## **8. How did you get to your current role – what's your career story?**

There is lot perseverance and dedication to get into my current role, I owe this to my parents ,teachers and my seniors who guided me to reach this level and constant support from my colleagues .



# DR RAVIKIRAN ONGOLE



## 1. How was your UG life different from PG life?

In my undergraduate days the learning was more exam oriented. However it was only in the Masters program I truly understood the importance of learning. Patient centric learning, empathy and the importance to provide optimum patient care formed the core of my learning.

## 2. Any favourite memory u want to share ?

I had the opportunity to travel to Bangalore with Dr. Dilip Nayak, the current pro vice chancellor of MAHE a decade ago. He told me the importance of networking in academics and research. His advice has been extremely valuable.

## 3. What is the most consistent thing you've observed as a professor in your long tenure of being in this institution?

The one thing that is consistent is that every student is different and every student has a unique strength waiting to be harnessed

## 4. What are the challenges that came along with being an HOD?

The biggest challenge heading the department is identifying the strengths and weaknesses of every team member and utilizing those qualities to live up to the vision of the Department, College and the University.

## 5. What is the message you'd like to give to your students ?

Be empathetic to your patients

## 6. What is your fav thing about your job?

The opportunity to mentor students who will eventually shape the future of the specialty in particular and the future of the country in general.

## 7. Describe a time when you had to address poor performance.how did this go?

What I have realised over time is that every student comes with his/her own baggage, Poor performance is just a manifestation of that baggage. Giving them the time and space and the support to deal with those trying times will ensure that they pass through those rough patches. I know many of such students over the past 2 decades who have really done well in their careers and life.

## 8. How did u get to your current role , your career story?

Infact I just do not like Dentistry! I mean the dentistry of wires, motors and plaster! Medicine and Surgery always fascinated me though. I was very sure that I never wanted to practice dentistry (especially the art part of it!). Right after I earned my Masters in Oral Medicine and Radiology in December 2002, I worked for a couple of years at KLE Society's Institute of Dental Sciences Bangalore. After my MDS batchmate left MCODS Mangalore for UK in 2005, I joined MCODS Mangalore as Assistant professor. Ever since, I have been here pursuing my passion for teaching and practising Oral Medicine and Radiology!

# DR SUPRABHA S.BHAT



## **1. How was your UG life different from PG life?**

UG life gives more scope for friendship and spending time with your classmates. It was fun having so many peers to interact with. PG life requires you to focus more on the career aspects, however it was fun learning new things in a more organized manner.

## **2. Any favorite memory you want to share?**

Getting to learn Orthodontics from the stalwarts in the specialty.

## **3. What is the most consistent thing you've observed as a professor in your long tenure of being in this institution?**

Hard work and perseverance always pays off.

## **4. What are the challenges that came along with being an HOD?**

Multitasking to keep multiple aspects in the department going.

## **5. What is the message you'd like to give to your students ?**

Believe in yourself and work hard with determination. Rest everything will fall in its place.

## **6. What is your favourite thing about your job?**

The opportunity to learn and do something new every day.

## **7. Describe a time when you had to address poor performance.how did this go?**

As a teacher guardian earlier in my career, I had to deal with a student who was afraid of attending university exams. On exploring further, it was attributed to procrastination and improper preparation for the exams. I encouraged the student to plan his study time meticulously, followed through the plan and encouraged him to achieve small milestones at short intervals. This improved his confidence and helped him overcome his fear.

## **8. How did u get to your current role , your career story?**

Completed both UG and PG from MAHE. Joined MCODS Mangalore as Assistant Professor, subsequently promoted to various designations and finally the current post in 2018. My career in this institution so far has given me an opportunity to interact with students for over two decades which has personally been an enriching experience.



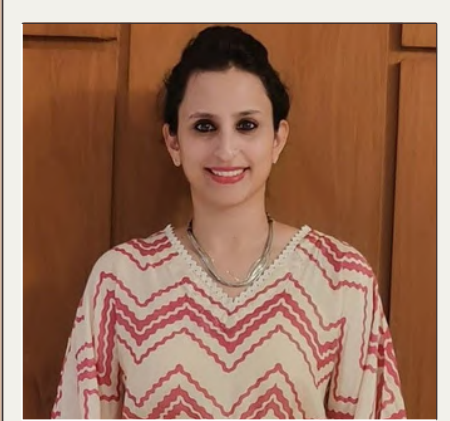
**Dr. Mithun Pai**  
*Associate Professor*  
*Dept. of PHD*

## Respected sir

From the very beginning, your guidance has been a beacon, illuminating the path and providing clarity in moments of uncertainty. Your wealth of experience has not only enriched our understanding of our field but has also inspired us to strive for excellence.

The countless conversations we've had, filled with insights and lessons, have been instrumental in shaping our perspective and approach. Forever grateful to you Sir.

## Respected ma'am



**Dr. Mranali Shetty**  
*Associate Professor*  
*Dept. of Periodontics*

Ma'am your unwavering support has been a source of strength during challenges, and your constructive feedback has been a catalyst for growth. You've not only believed in our potential but also invested time and effort to nurture it. Your commitment to fostering our development has been a testament to your dedication. With every event pass by you kept motivating us. Thank you for your energetic support.



**Dr. Ashwin Rao**  
*Associate Professor*  
*Dept. of Pediatric and Preventive dentistry*

## Respected sir

Sir your positive attitude has gave all of us a different perspective of looking at things. Beyond the professional realm, your mentorship has touched our life personally. Your generosity in sharing both successes and failures has created a trusting and open environment. We have learnt not only from your triumphs but also from the resilience you've displayed in overcoming obstacles. Your authenticity has been a source of inspiration, reminding us that the journey to success is often accompanied by setbacks, and it's the ability to persevere that defines true leadership.





# DENTAL STUDENTS ASSOCIATION 2022-23





It has been a pleasure to work as a council member and with everyone in the council. You learn and understand a lot of things which helps you grow as a person. Our beloved cultural co-ordinator, Dr. Mithun Pai, has always been with us, guiding us throughout the journey and I can't be thankful enough for his support. The message that I would like to share today is a lesson that I learnt from my experience in the council. When times get difficult for you, what you really need to do is step out of the chaos once and look at things the way they really are rather than believing what is there in your head. Human mind is a very complex thing, you do not know how people will react to different situations, so you always need to make sure that others actions do not affect your purpose and righteousness towards your work. For all the people who are willing to apply for the council, the only thing I would like to say is that this is a wonderful learning experience and the lessons you learn now will always help you in future. Positivity and hard work can help have a wonderful council year.

## PRASAD KARNAD PRESIDENT



## DSA 2022-23

### RIDDHI SHARMA

### GENERAL SECRETARY



Since first year, being in the council had been a thought at the back of my head and now from where I am standing , I can tell there's alot more of you like me . I just want to say to all those of you who want to see this world ,It's crazy. It's beautiful, it's diffierent from anything we 8 had thought it'd be . To be honest, being in the council was one of the most rewarding yet draining experiences of my life. I have always been upfront and strong-headed about my beliefs and being here made me realise it's okay for people to think differently. To let people be , to be happy with whatever life throws at you . I've had the worst times of my life experiencing a tear and undergoing surgery, so council year all and all was life-changing for me . It was periods of constant intense work throughout events or periods of laughter and smiles with my fellow members. It brought me immense joy and happiness to be among the few who were lucky enough to experience "the student council" under the guidance of Dr. Mithun Pai. He not only mentored us along the way, he was a father-like figure to all of us whenever we were beaten up by something . In my interview, Dr. Junaid asked me what are the skill according to me that is key to being a council member and I responded "leadership" but today my answer's different . Going down all those roads , the fights , the conflicts , the understanding of how everyone works , my answer to his question is "teamwork" . Being a part of the council has taught me so many valuable lessons and given my experiences that I might have skipped otherwise .

That being said a post always gives an opportunity to bring about a change in not just one's own life but to in all the others connected to us . I hope 'we' could bring some positive impactful changes in college through the opportunity which college bestowed upon me.

Serving as the Joint Secretary on MCODS Mangalore's Dental Students Association has been a journey of both personal development and incredible experiences.

In this role, I had the privilege to be part of organizing and participating in some fantastic events. Dental week was a vibrant celebration of our campus culture, demonstrating our unity and enthusiasm. The Interbatch Sports events not only showcased athletic prowess but also encouraged teamwork and unity among our fellow students.

Working alongside my fellow council members through all the ups and downs has been a teaching, yet amazing experience, and I am grateful for this. Together, we accomplished all that we wanted.

I'd like to thank our Dean, Associate Deans and Dr. Mithun Pai for believing in me and granting me this amazing opportunity.

As my role as Joint Secretary concludes, I find myself very grateful for the incredible journey and the personal development it has afforded me. It's been privilege to serve as the Joint Secretary, and I eagerly look forward to the future prospects that await.

## RAJ ARYAN MATURI JOINT SECRETARY



## ANN ROSE SATHEESH FINE ARTS SECRETARY

# DSA 2022-23

I had never imagined being a part of DSA 2022-2023, it was a surprise to find out I got the post of being the "Fine arts and cultural secretary" of the college. Given the position to represent our college's arts and cultural side was such a great opportunity as well as an important responsibility. One blessed year of being in the council taught me and made me realise that I can define my limits—the limits of success and imagination.

Sure, there were both ups and downs; the ups of the experience was filled with an immense feeling of pride and joy, and the downs helped us to realise how to deal with a situation in a better manner and made us stronger.

I thank our cultural coordinator, Dr Mithun sir, for always supporting and guiding me.

Even during the most challenging times, he gave us a ray of hope and positivity, which we all are very grateful for.

In short, being the council, even though it was tough, there was never a dull moment and was a fun experience.





As a child, I had always dreamed of changing the world for the better and with every passing year I have realised that to do that, one has to be in a position of power to make those changes.

Being part of the Student Council as the “Treasurer” is more than just a title—it is an opportunity to lead and inspire. Managing all that money and those extensive bills would have been a more arduous task if it wasn't for everyone who made sure they accounted for and reminded me about their own bills!

Through this journey, I have witnessed the incredible potential that lies within each of us, waiting to be harnessed for the greater good. It is a platform that empowers students to take charge and drive change, proving that age is never a barrier to making a difference. It is a journey full of its own ups and downs. One gets to learn how to take all setbacks in stride and overcome them, manage time juggling between academics and organising events, and balance friendships while doing it all. For me, the most important lesson has been striking the right balance and I wish to continue exercising it.

As my time on the Student Council nears its end, I am grateful for the lessons, friendships, and memories it has bestowed upon me. The journey has reaffirmed my belief in the potential of youth to bring about positive change. It is a testament to the power of student leadership and the profound impact we can make when we work together. I look forward to taking these lessons with me as I continue to engage with the world, knowing that every effort, no matter how small, contributes to a brighter future.

**AKSHITA GUPTA**

**TREASURER**



## DSA 2022-23

**SUPRIYA BAHIDAR**  
**MAGAZINE**  
**EDITOR**

My selection as a member of the DSA 2022-2023 was nothing less than a dream come true and my post as a Magazine editor has truly helped me help find a sense of who I truly am - something that I craved to realize over these years in life and I'm truly thankful to each and every one who has been with me on this journey and helped me evolve into someone I truly wished to become. My heartfelt gratitude goes out to the Dean, Associate deans, the Staff Coordinators and especially Dr Mithun Sir for giving me this opportunity and always believing in me. I'm grateful to Dr Ravikiran Sir, who constantly encouraged and guided me to bring out the best as an editor in me. A big thank you to my fellow council members for all the support and encouragement throughout this journey.

Editorial Board members are the gems of our Magazine, and I am extremely grateful to have led the most sharp-witted minds; their commendable work, dedication and enthusiasm has been consistent. This experience made me realize that the continuous striving for best is what goes into making the College, the best. It's all about the cohesive effort that goes into organizing even the smallest of events. As I continue to navigate my career, I will always carry the lessons that I have learnt through the journey. One quote that kept me going was “Just do it with a smile and go with the flow”. I will be forever grateful to all.



Before getting into the council I had heard from the seniors saying, 'Kya rakha hai council mai. Sirf jhagadte rehte hai'. I could feel that after getting into council. But what was not said by the seniors was the bond made after the fight. Throughout the year, there were lots of ups and downs but there was a lot to learn. All the members in the council were one of a kind in their own work. The things which I would never forget will be the life lessons learnt from our very own 'THE CULTURAL CO-ORDINATOR' - Dr. Mithun Pai sir. The journey was too awesome to enjoy. Sometimes tiring, sometimes crying, sometimes laughing and all the time enjoying. I would like to tell all the people who read this to know that getting a post in the council is difficult but what is more difficult is to keep up to the respect of the post. If you think you can handle more pressure to learn new things council could be a place to be in.

## KUSH PIPADA SPORTS SECRETARY



## DSA 2022-23

## MITA SHANBHANG VSO REPRESENTATIVE

From a young age, I have felt a strong calling towards charity and volunteering. Serving as the VSO representative for the student council felt like a natural and deeply meaningful step in my journey.

In this role, I organized charity events and awareness programs aimed at giving back to our society. These experiences provided valuable insights into event planning and the skills needed to rally individuals to support causes benefiting our community. VSO serves as a platform for the students to understand our community's challenges and actively contribute towards bringing a positive change.

It encourages us to empathize with marginalized sections of society and offer sustainable solutions. Furthermore, it fosters dialogue among us, future healthcare professionals, to work towards the betterment of society.

Balancing this role with my academic and personal commitments was challenging yet fulfilling. The success of these endeavors was, in no small part, all thanks to the dedicated volunteers who stood by my side every step of the way. Their enthusiasm and support were the backbone of our initiatives, and I derived immense pleasure and pride from coordinating events with them while upholding my academic responsibilities.

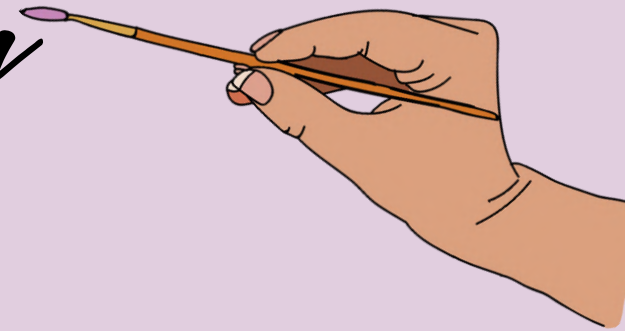
Through this experience, I gained a deeper appreciation for the power of teamwork and delegation. It reinforced the idea that diverse opinions can thrive when united by a common goal. My involvement in the council granted me profound insights into leadership and the responsibilities that come with positions of influence.

I am genuinely grateful for the opportunity that set me on this challenging yet humbling journey.





# Colorful serenity



*By*

*Dr. Arathi Rao*

*Associate Dean & DDSA*

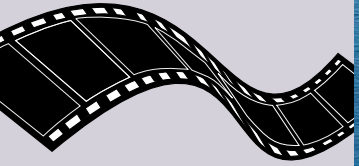
*Department of Paedodontics & Preventive Dentistry*





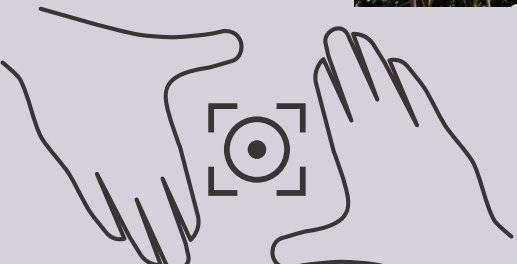


# *Capturing moments*



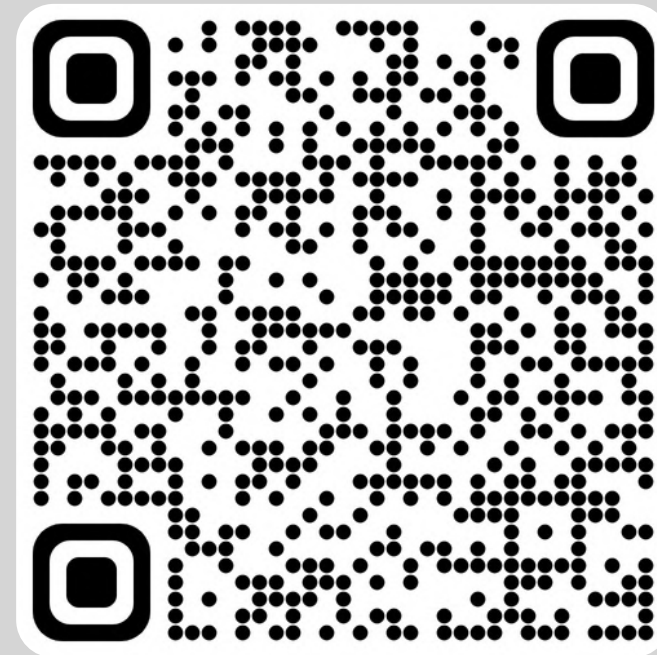
**Dr. Archana M**  
senior lecturer

**Department of Oral Medicine & Radiology**





# Melodious Tunes



**Dr David Kadakampally**  
**Associate Professor**  
**Department of**  
**Periodontology**

**Dr. Anupama Nayak P.**  
**Reader**  
**Department of**  
**Paedodontics &**  
**Preventive Dentistry**





**Jyothi Nair**  
O'21



**Prem Bajekal**  
O'22



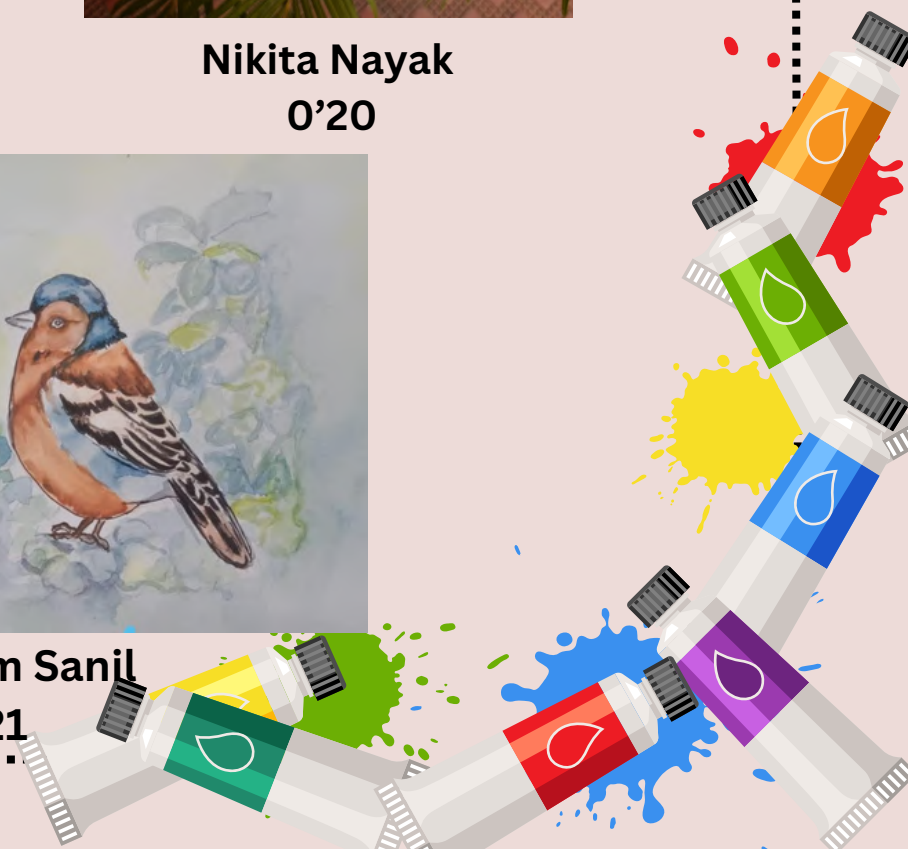
**Nikita Nayak**  
O'20



**Gautham Sanil**  
O'21



**Gautham Sanil**  
O'21



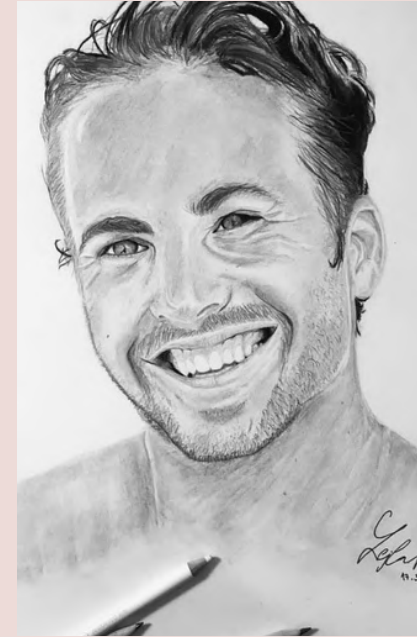




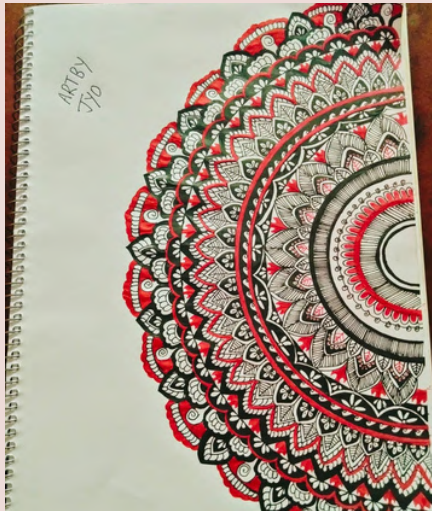
**Naina Bansal**  
O'21



**Jyothi Nair**  
O'21



**Ziya Sheikh**  
O'21



**Jyothi Nair**  
O'21



**Ziya Sheikh**  
O'21



# CLUBS.

## RESEARCH CLUB



## LITERATURE CLUB



## DANCE CLUB





## MUSIC CLUB



## PHOTOGRAPHY CLUB



## DRAMA CLUB



## ART CLUB





# INTER BATCH 2023

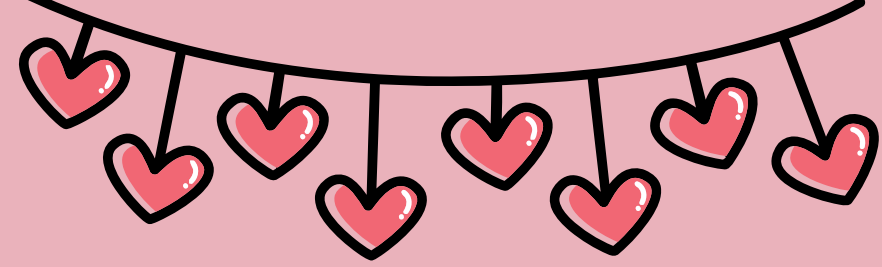




# INTER BATCH 2023



# The Drug of Love

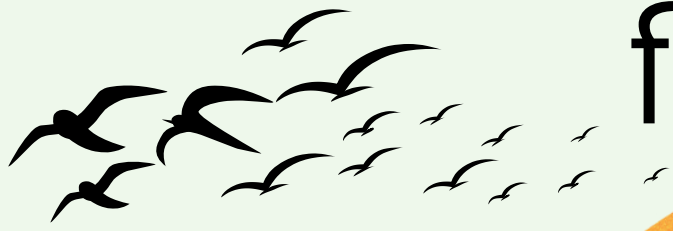


I still remember those fingers running in my hair  
that face with a smile like a flair  
that muscular body of yours  
which i never expected could do household chores  
you were like a gentleman to me  
but god took that away from me  
all i am left behind with is memories  
and our lusty fantasies  
it all felt like heaven on earth  
but didnt knew that this relationship wouldn't have that much girth  
my love for you will never fade  
coz you gave it very different shade  
all i wish is to love you again in life  
and this time for a lifetime



**PRABHPREET  
BATCH OF 0'20**





# क्षितिज की माप

सोचा कुछ उचाइयाँ नाप आए  
क्षितिज को फिर से माप आए  
कैसे पता था कि फिसलन यूँ होगी वहाँ  
पाव स्थिर न हो पाएंगे जहाँ  
पहुँच कर लगा ज़मीन ही अच्छी थी  
इतनी ऊँचाई पर तो श्वास तक की तंगी थी ।

जहाँ पहुँच सोच रहे थे पा गए जहान  
नन्हे सूखे पत्ते फिसला देते वहाँ  
पर यहाँ भी छोटे से तने को ऊँचाइयों पर सम्हला देख  
आस क्षितिज को चुने की स्फूटक सी उठी ,  
राह सुगम तो थी नहीं, पर निरंतर चलने की लालसा तो थी  
एक अलग सी ज्वाला ,

॥

इस शीत मौसम में भी अंदरूनी उत्साह भर्ती है  
जहाँ श्वास भी लगती है देने दम तोड़  
वही मानो कोई दिव्य अनुभूति होती है ।

मार्ग में कठनाईयाँ सबके है  
मगर मंजिल जिसकी जितनी ऊँची  
संकल्प उतना दृढ़ होना चाहिए  
जहाँ क्षितिज को छूने की हो आस  
वहाँ कुछ तो अलग अनूठा होना चाहिए  
यहाँ गलती की कोई गुंजाइश नहीं  
पाव फिसले और सीधा रब से वास्ता होगा  
पर अगर पांव स्थिर रहे  
और जब अपने संग होते हैं  
तो रास्ते चाहने कितने हो तंग, हासिल सतरंग होते हैं

**AMITESH**  
**BATCH OF 0'20**

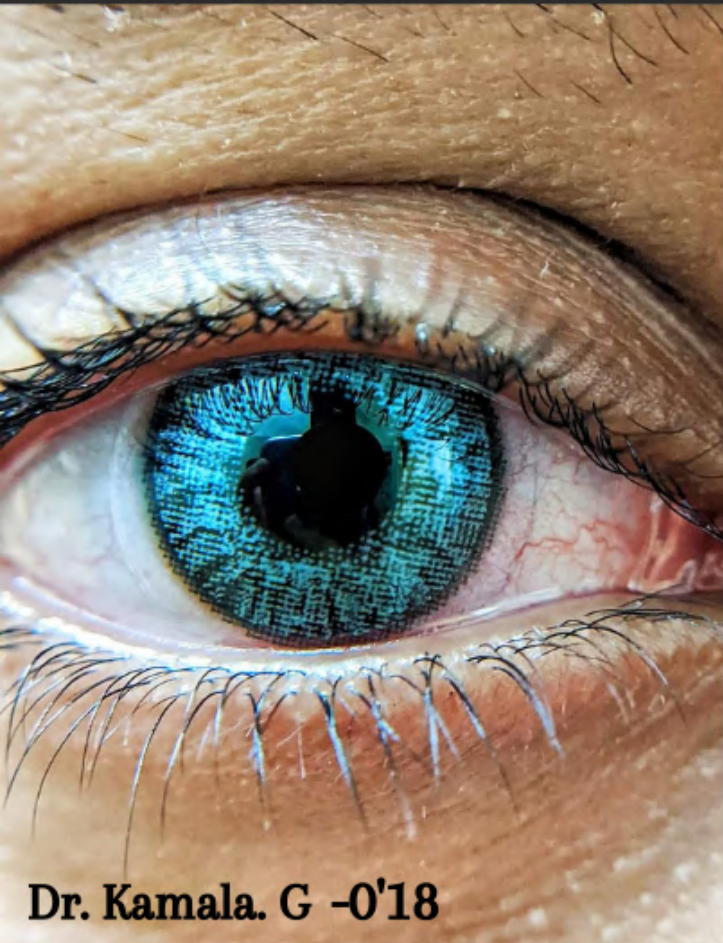
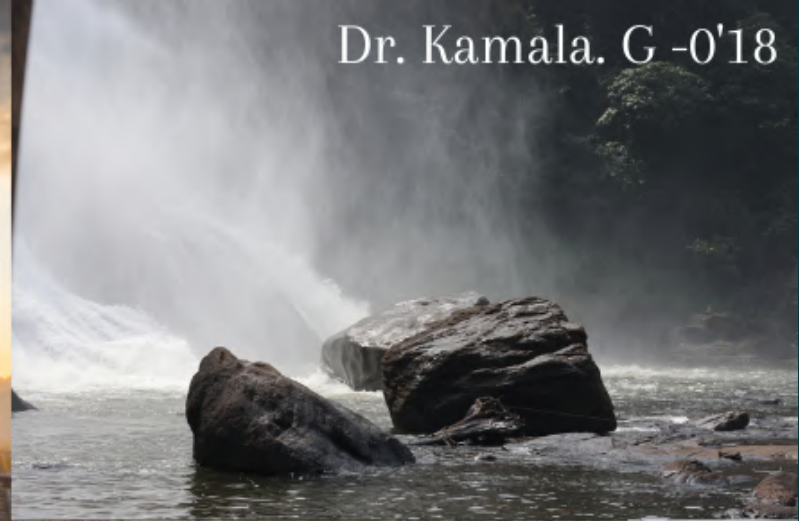


# Photography Section

"Creativity is a wild mind  
and a disciplined eye"  
- Dorothy Parker



Dr. Kamala. G -0'18



Dr. Kamala. G -0'18



Vinayak. Nandi -0'22



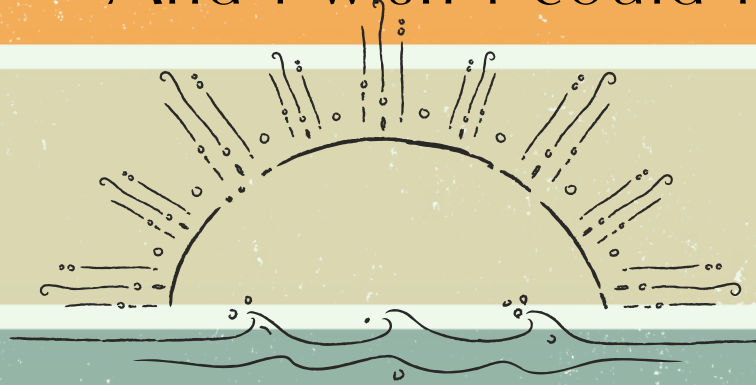
Aditi. Rao -0'22



# DAWN TO DUSK

In the dusk that was dark, moon confronted me,  
It led me to the ways and reconstructed me.

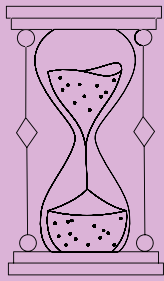
In this world i am losing it every bit,  
And i wish i could fit.



In the dawn that was faded, sunrise consoled me,  
It let me forget the thoughts that controlled me.

I don't belong to this era I believe,  
And i wish i could leave.

**PULKIT  
BATCH OF 0'19**



# *Fursat se aana!*

Jo agli baar aao to,  
Fursat se aana  
Thodi batien karna  
Thoda waqt guzarna  
Yuh chale naa jana  
Jo aao iss baar to fursat se aana  
Jo abb aao iss gali,  
To nukkad p rukna  
Yuh chai p milna  
Yuh waqt guzarna  
Fer muh na fulana, yuh chale na jana  
Abb dekho amar to nahi likh skta  
Kuch der hi karna, hume yaad karna Naa mile to shikayat  
karna, jo aao iss baar to milne ki zidd karna!!!  
Jo agli baar aao to, Fursat se aana!!!!





**Orphanage visit**



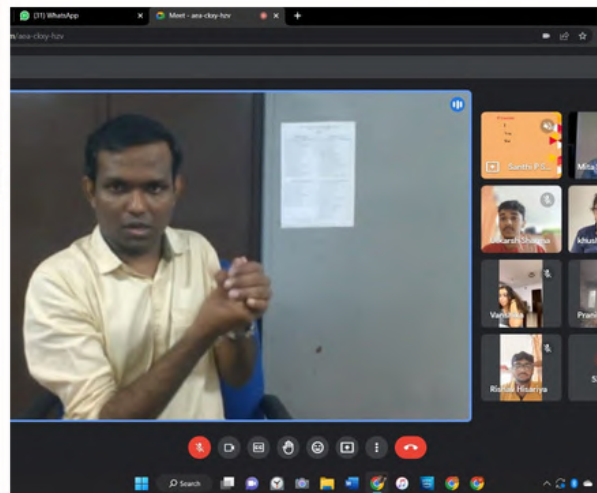
**Orientation programme**



**Blood Donation Drive**



**Old age home visit**



**Sign language workshop**



**Blood Donation Drive**

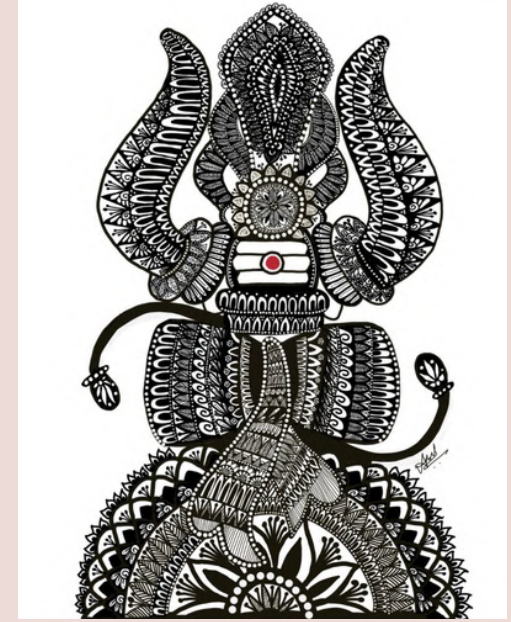




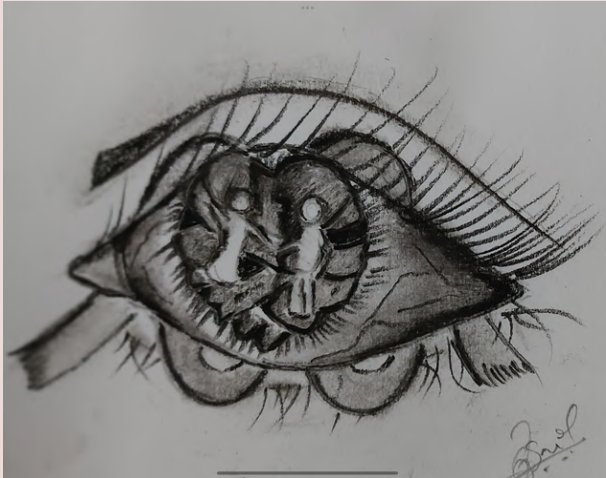
**Vanshika**  
O'20



**Gautham Sanil**  
O'21



**Akansha Kashyap**  
O'19



**Gautham Sanil**  
O'21

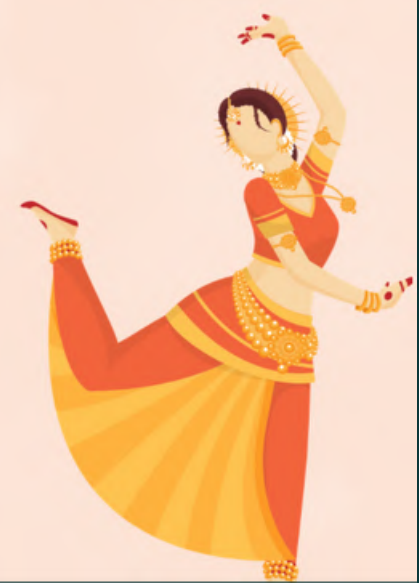


**Prem Bajekal**  
O'22





# UTSAV 2023





2023

# ARCADE





# Confluence of Religions

Worship places in Mangalore

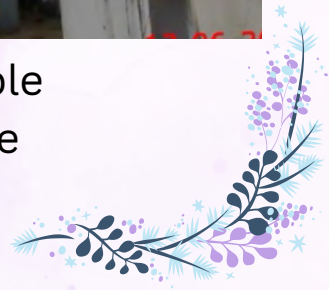
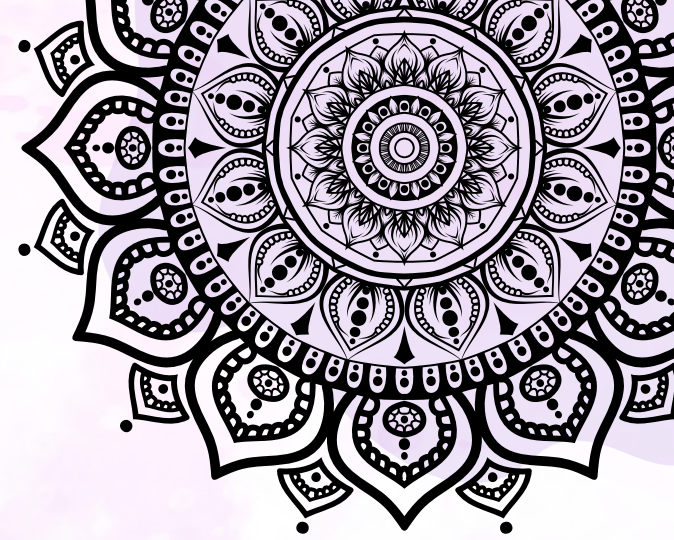
Shree Gokarnanatha Kshetra

Location- Kudroli, Kodailbail, Mangaluru, Karnataka



Kadri Sri Manjunatha Temple

Location-Kadri, Mangalore





Mahathobara Shri Mangaladevi Temple  
Location - Mangaladevi Road, Bolar, Mangaluru,  
Karnataka



Sri Venkataramana Devasthanam  
Location-Car Street, Hampankatta, Mangalore,  
Karnataka



Shree Sharavu Mahaganapathi Temple  
Location-Sharavu Ganapathi Temple Rd, Opp Ideal  
Towers, Hampankatta, Mangalore, Karnataka



Mangalore Gurudwara Sahib  
Bangrakuloor, Kodikal, Mangaluru, Karnataka 575013





Zeenath Baksh Juma Masjid  
Location-Bunder, Mangaluru, Karnataka 575001



Shree Mariamma Temple  
Location-Urwa Marigudi Rd, Bloor, Urwa, Mangalore



St. Aloysius Chapel  
Location-St Aloysius College Rd, Kodailbail, Mangaluru,  
Karnataka 575003



Milagres Churuch  
Location- Milagress Cross Rd, opposite Vishal Travels,  
Hampankatta, Mangaluru, Karnataka 575001





# BATCH OF 2022



Aastha Podder

*I dont wanna live forever*



Aditi Sreeram Rao

*Comfortably Numb*



Aman Raj

*Take it easy*



Amrut Kolkur

*Zindagi ek Safar hai Suhana*



Amulya Ellan Veetil

*Let us sit and gaze at the moon as  
Jupiter pours*



Anjali shenoy

*Nagumo song from hridayam*



Archita Aggarwal

*Showstopper by Jerry*



Ashel Tauro

*La Vie En Rose*



Ashrita

*In my blood*



Aum Manchanda

*Heartbeat  
~Childish Gambino*



Aysha Rasha

*We're only getting older baby -  
OneDirection*



Bhavya Sharma

*Supercut - Lorde*



Bhumika Sehgal

*Somewhere only we know*





Chaithanya

*Invisible things*



Chen Pen Ren Paul

*March comes in  
like a Lion*



Daksh Hejmady

*In bed, but my mind stay wondering,  
overthinking, but I'd rather be sleeping*



Dayawant Doulani

*Shine A Light (Banners)*



Deepthi P Sreeganthan

*Sochna kya, jo bhi hoga dekha jaayega*



Dewanshi Paul

*September by Earth, Wind & Fire*



Dinkar Nagpal

*0 to 100 by Sidhu  
Moose Wala*



Diya Sajid

*Say you won't let me go by James  
Arthur*



Farhana Afreen

*Boulevard of broken dreams -Green  
day*



Giswanth S

*Oh, I love it and I hate it  
at the same time.*



Hrandik Vinod

*A thousand years*



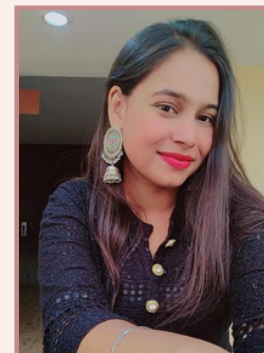
Ishaan Koundal

*What colour is  
your buggati?*



Janani Roshan

*Diamonds, brilliant  
and Bel air now*



Janavi Srivastava

*Aankhon se chhu loon ki  
baahein tarasti hai Dil ne pukara hai haan ab toh  
chale aao*



Janvee Keshan

*Fantasy*





Taglene Jophy

*I Set Fire To The Rain*



Jeremiah Koshy

*2020 logan paul*



Jobin Viju

*Song Not over yet -RS?*



Jose Giboy

*Counting stars - OneRepublic*



Karthika

*Don't Stop believin*



Karuna S Prabhu

*Take me home, country roads.  
Country roads take me home, to the place I  
belong..*



Kavitha Chandran

*Uptown funk  
by Bruno Mars*



Khadija Nida Manegar

*Who says  
by Selena Gomez*



Kishan M R

*Soch na sake*



Kriti Aggarwal

*Pipni - Anurag Saikia*



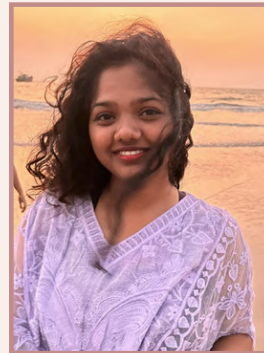
Kritika Prasad

*The lush life's  
giving me rush*



Mohammed Khalaf

*Sun is shining  
and so are you*



Musliha Begum

*Motto*



Nidhi Gupta

*Samay Samjhayega by Mohit Lalwani*



Nisha Nayak

*Having thoughts you never had*





Nisha Sharif

*I Set Fire To The Rain*



Noor Nehra

*2020 logan paul*



Olena Pinto

*Song Not over yet -RSI*



Padma Nayak

*Counting stars - OneRepublic*



Padmasri Sridhar

*Don't Stop believin*



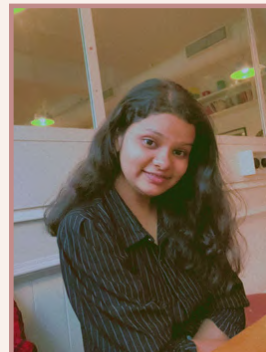
Paridhi kukreja

*Take me home, country roads.  
Country roads take me home, to the place I  
belong..*



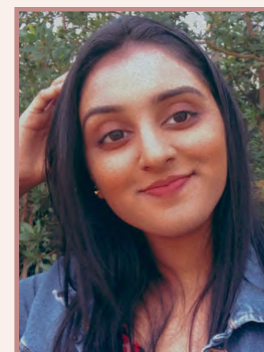
Poorvinanda

*Uptown funk  
by Bruno Mars*



Pranjali Harsh Srivastava

*Who says  
by Selena Gomez*



Prapthi Shetty

*Soch na sake*



Prem Bajekal

*Pipni - Anurag Saikia*



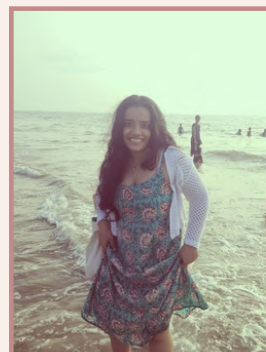
Priyance

*The lush life's  
giving me rush*



Priyanka

*Sun is shining  
and so are you*



Raee Praesh Kowli

*Motto*



Reet Sahu

*Samay Samjhayega by Mohit Lalwani*



Rinkhlpuii Renthlei

*Having thoughts you never had*





Rishav Hisariya

*I Like Me Better*



Riya Khanna

*The best speed on the road of life is 60  
smiles per minute*



Rohit Raj

*Lakshya*



S Swathi

*Khadaippoma*



S. Sreedharane

*Char kadam kya saari umar, chal  
dungi saath tere.*



Sachin Arun

*I only see my goals i dont believe in failure-  
7years Lucas Graham*



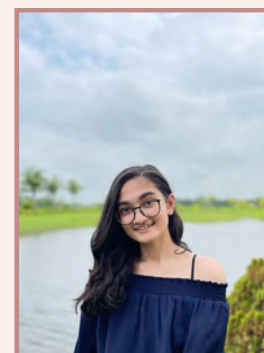
Safiya Huda

*Bombastic side eye, Criminal offensive  
side eye*



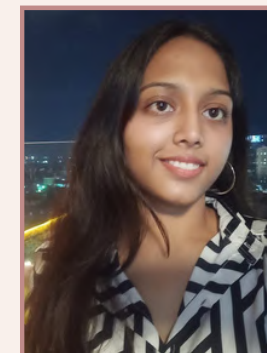
Sai Ganesh GR

*Dont start now*



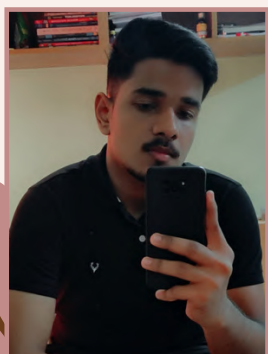
Sanskriti Rautela

*"Privately divided by a world so  
undecided And there's nowhere to go"*



Sapna

*I'm just tryna live life for the moment!*



Satyam Shivam

*Break from Toronto*



Savya P

*Epiphany*



Shonali Kundu

*"NEW RULES."*



Shreya Pandit

*Stronger by Kelly Clarkson*



Shrijal Prakash

*Jhoom - Ali Zafar*





Sneha Nair

*Cold mess  
- Prateek Kuhad*



Somdatta Dutta

*Afreen afreen  
by coke studio*



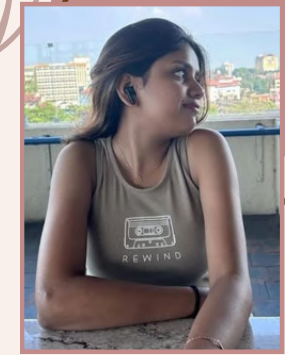
Sri Varshini S

*Nee Kavithaigala*



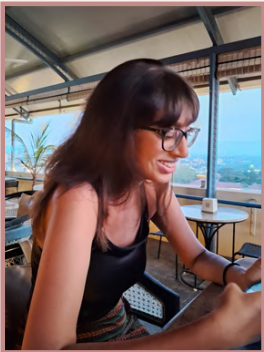
Srinidhi

*Let your dreams take flight*



Srushti Desai

*Mahiye jinna sohna*



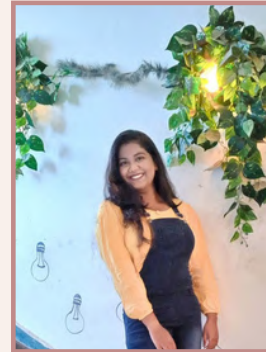
Taheera Verma

*Lilith by Halsey & Suga*



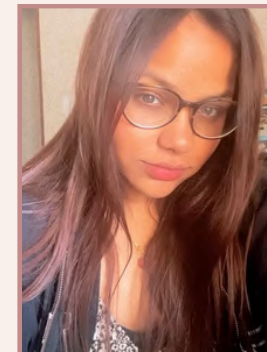
Tarif

*Born to shine by Diljit Dosanjh*



Tejashwini sinha

*A drop in the ocean  
- Ron rope*



Tisha Joshi

*Pride  
by Kendrick Lamar*



Trisha Chatterjee

*"Naam gum jaaega, chehra ye badal jaaega,  
meri awaaj hi pehchaan hai, gar yaad rahe"*



Utkarsh Sharma

*Ishq wala love*



Vaibhavi H Acharya

*"All eyes on me" by 2Pac*



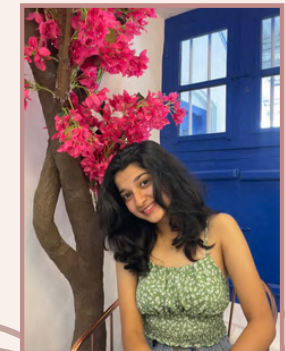
Vaishnavi Keni

*Love you zindagi*



Vaishnavi Rao

*Alag aasman  
-Anuv Jain*



Vaishnavi Shetty

*There she goes*



Vandana Yadav

*Blowin' in the wind - Bob Dylan*



Vibhor Gagrani

*Ilahi*



Vimalkanth. P

*Tere Vaaste*



Vinayak Nandi

*Aaftaab - The Local Train*



Yashesh Abhilash Dhandhukiya

*Teenage dreams*



Youhan Joyce

*Aaftaab - The Local Train*



Yugaraj Borah

*Pal pal dil ke pass*



Zeba Firdaus

*Does it ever drive you crazy... Just how  
fast the night changes?*



# love

The more sweet it feels to be in love  
the more it hurts when heart breaks

Love is what everyone wants to do

but not everyone can do

i wish i could hold you a little tighter

i wish i could kiss you a little harder

i wish i could have some more time with you

i just wish .....

Those days felt like heaven to me

those days were soo perfect to me

That laugh of yours felt like calm music to me

All because i had you in it with me

and now i dont...its just me

that smell of yours felt different

that touch of yours felt different

the time we had together

felt like home

but now its all alone

you are always on my mind

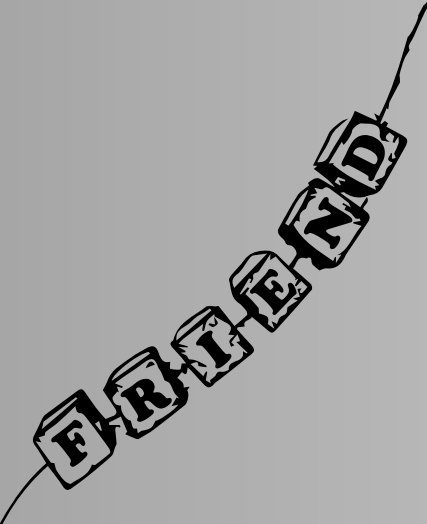
but the difference is now maybe you dont mind

my love for you will never fade

coz you gave it a very different shade

**PRABHPREET  
BATCH OF 0'20**





# My BEST FRIEND



She was the prettiest girl I ever knew  
Though I always laughed on herself obsession  
She was the one who laughed on me and with me  
The one who knew all my secrets  
And yet stayed with me

We cried together and bitched about this boring life

And the day came when I realized

Her endless talks were the joy of my boring life

Our imaginative stories on which we used to laugh, now I want them to be true

I wish I could live with her like there is forever

"And..... when did you realize that?"

"When she said Goodbye 🙋"

**PULKIT**  
**BATCH OF 0'19**





# तुम हो...

मेरे हर सवाल का जवाब तुम हो ।  
मेरे चोरी हुऐ दील के गुनहगार तुम हो ।  
रात को नींद न आने ओर बेचेनि का एहसास तुम हो ।  
बिना सोचे लब्ज़ पे आए वो अलफाजं तुम हो ।  
मैं कश्ती तो मेरा किनारा तुम हो ।  
मैं गर राही तो मेरी मंजिल तुम हो ।  
मैं दील तो धड़कन तुम हो ।  
त्रिलोक में भी अप्सराओ को नूर से हराने वाली हूर  
तुम हो ।  
येह सब तो ठीक ह ,,,  
पर मेरे दिल पे राज करने वाली राजकुमारी जरूर तुम  
हो ।

# BATCH OF 2021



Aasthaa Suvarna

*Chand Taron Ko Chhune Ki Asha,  
Asman Mein Uadne Ki Asha.*



Anuj kumar

*Hellevator (I AM RIDING on my pain  
and tears as i try to escape above)*



Chinthana J

*My heart don't skip a beat, even when  
hard times bump the needle*



Diksha

*Keh doon tumhe ya chup  
rahan*



Feba Sanu

*on my way - im on my way*



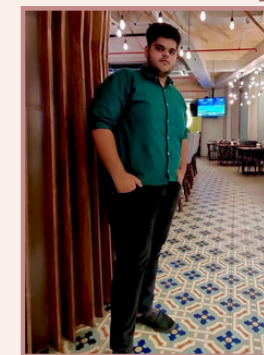
Gautham Sanil

*Tum prem ho tum preet ho (radha  
krishna)*

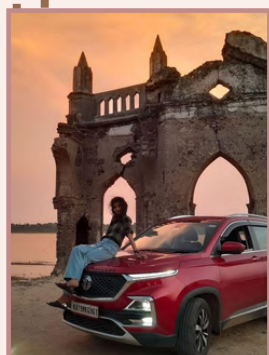


Jyothi nair

*But there's a hope that is waiting for you in the  
dark. you should know your beautiful just the way you  
are.*



Madhav sharma



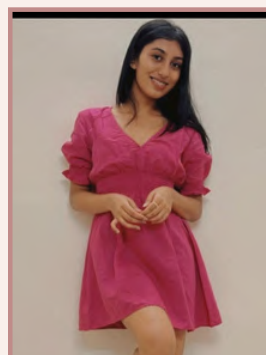
Manyashree Shetty

*"tell me why ain't nothing but a  
heartache"*



Melody Veigas

*I'm a Porsche with no brakes -  
Unstoppable*



Naina

*I never needed anything more.*



Nayana SS

*Chandra kalabham chaarthi urangum  
theeram*



Pixy Sinha

*Ek zindagi - ek zindgi meri 100  
khwaishan ; ek ek mai puri karan*





Pranathi B N

*August- to live for the hope of it all*



Pranav Raj

*Pillowtalk- my enemy my ally..  
prisoner*



Richa Singh

*Scars To your beautiful-  
No scars to your beautiful*



Sakshi

*All of me - My head's under water But I'm  
breathing fine*



Sania Mehra

*Hit me like a ray of Sun, burning through  
my darkest night*



Vidhi Naredi

*Take me back to the  
night we met.*



Ziyafah Sheikh

*"We're like diamonds in the sky"*

# Alumni Days.

1st August 2012. I embarked on my first day of college at MCODS Mangalore, not knowing that it would become my home for the next foreseeable future. The first time I had visited Mangalore was for my BDS counselling and it was love at first sight. The lush landscape and the seemingly simple way of life in this city felt very welcoming. It was the first time I was living away from home and there were a lot of doubts on my mind. For starters, wondering if dentistry would be a good fit for me and if I would be able to get along with people from all different walks of life. The next five years weren't easy, but I know that I owe it in no small part to the people I met here. As a nationally recognized institution, Manipal has the advantage of educating a diverse array of individuals. From lecture classes to dental week, we all grew up. We learnt about different cultures, became self-reliant and developed our own unique personalities. We became mature individuals with a mutual respect for each other. Academically, our professors trained us to focused on clinical skills and academic research instead of rote learning. Dentistry has not only has it given me friends that I now call family, but it also gave me the opportunity to fall in love with dentistry. It allowed me to discover my passion for dentistry and formulate my career goals.

As luck would have it, I got an MDS seat in Prosthodontics in the very same institution. I was elated. I had done my research on different institutions offering the same course, but MCODS Mangalore was the perfect fit. Three years of post-graduation went by swiftly. In my under graduation, I had only nicked the surface in terms of the scope of prosthodontics. The most satisfying work that I did was with patients who had maxillofacial defects. Not only was I blessed to have a good set of friends, I also had exceptional teachers. They inspired and nurtured me and deepened my passion for the subject. After my MDS, I was honoured be appointed as a senior lecturer in my alma mater. It was a privilege that I could be a part of this premier institute and have a role, albeit very small, in helping budding dentists to live up to their full potential. I've been teaching here for 2 years and counting. Developing a social network of peers not only helps you grow in your abilities as a dentist but also helps in building a name for yourself and the work you do.

Every week, as I head to Bejai to take the pre-clinical Prosthodontics class for first years, I can't help but smile. In a way, life truly does come full circle



Dr. Ann Sales

Batch of 2012



# Alumni Days.

My journey as a Dental Surgeon and my association with College of Dental Surgery (CODS) Mangalore began in the year 1990. Back in the day CODS was part of Kasturba Medical College (KMC) and we were part of what was called Mangalore University. A walk down memory lane to recollect memories of time spent in Mangalore is absolutely effortless. Each moment spent in this college has stayed with me to this day. I joined this college to study B.D.S., and I state with great pride that I graduated as a Dental Surgeon and a complete individual. The college ensured we excelled in academics and gave us the practical experience to hone our skills as clinicians. Even in the 1990s the college could boast of state-of-the-art equipment. The college and the teachers encouraged us to study but to also engage with an entirely new cultural milieu. We encountered a very rich cultural diversity. This ranged from linguistic diversity to rituals, practices, festivals of different communities and a lot more. I picked up words from different languages and could gradually also understand a bit of Kannada. We celebrated the many festivals with great elan. One of the qualities I picked up in college that has stayed with me to this day is of wandering on a bike through the beauty of the western ghats, a day long travel to Beckel's Fort in Kasargod and even a wonderful

rain drive to Kudremukh or just a stroll on the untamed shores of Tanirbhavi—all these and many more made me the veritable traveller. Another memorable instance was an encounter with Mother Teresa when she visited Mangalore around 1993. Our relationship with our teachers—strict faculty in class and pat on the back kind of friend outside the class. Any note about MCODS would be incomplete without a reference to the festivals. It was famously said of our college that festivals never end in India and in KMC! True to this dictum we had a series of fests from the Ganesh Utsav to Inter Medics to the Dental Week to an Inter-college festival. My stay in MCODS has of course made me the doctor that I am today, but more importantly, it has given me a family, relations I maintain to this day. My five years in MCODS helped my persona evolve into a doctor with compassion and a person with humility. The testimony to my words is the fact that both my children are a part of MCODS Mangalore! Those were certainly the best days of my life!



Dr. Maneesh Nagpal

Batch of 1990

# Alumni Days.

As I pen down my journey at Manipal College of Dental Sciences, Mangalore, a wave of nostalgia washes over me. The memories of my transformative years at this esteemed institution are as vivid as if they happened yesterday. My academic voyage at college was a journey of discovery and growth. The rigorous curriculum, the hands-on projects, and the in-depth studies in dentistry not only honed my technical skills but also instilled in me a deep sense of responsibility towards my patients and society at large. The knowledge I accumulated during my time at the college was priceless, shaping me into a mature, knowledgeable, and responsive dentist.

One of the most significant chapters of my college life was my tenure as the student council president. This role was a crucible for my leadership skills, fostering abilities such as communication, teamwork, organization, and public speaking. I had the privilege of leading key initiatives that left a lasting impact on our college community. The experience taught me the importance of representing a population and speaking on behalf of their wishes and needs. It was a journey where I got to explore my passions, define my leadership style, and understand the kind of career I wanted to pursue.

Whether it was an inter-class competition, UTSAV, or an inter-university cultural festival, they always left me with a wealth of memories. . These experiences nurtured my overall development, teaching me the values of teamwork, individual and group responsibility, and a sense of culture and community.

Looking back, my time at Manipal College of Dental Sciences, Mangalore, was a transformative period that shaped me both professionally and personally. The memories of my college years, the friendships I forged, the knowledge I gained, and the experiences I had are cherished treasures that I carry with me. As I reminisce about my college years, I am filled with gratitude for the invaluable knowledge I accumulated, the skills I honed, and the priceless memories I made. My journey at Mangalore, was truly transformative, and I will forever cherish the memories of my time there.

Dr.Rahul Shrivatsav

Batch of 2017





# Alumni Days.

Words can't describe the feeling that I have for MCODS, Mangalore. It was probably the best decision of my life. I am a first generation dentist and with literally no one to really back me up on this decision, it was probably a gut feeling that my father and I had a night before the counselling back in 2017. The instant we landed in Mangalore, a city that was so welcoming, we were happy we made the right choice. I think I grew up along with Mangalore, back when I joined there was no zomato or swiggy and 5 years down the line, the city was bustling with cafes, clubs, restaurants, whatever one could ask for, and that made leaving tougher. Not like I wanted to leave MCODS in the first place, it was truly my comfort zone. I always felt a sense of belonging there, don't know if it was the love I received from teachers, or my friends or my juniors, each day had something in store that was moulding me as a person. In terms of skill development, opportunities and experiences, there was nothing that I didn't get as a student at MCODS. I wore the badge of general secretary with pride, and I wear the tag of being an alumni from the best dental college in the country with double the pride. I think Mangalore was the way it was because of the people I met, I would do anything to sit in another lecture with the batch of 2017, or to experience college day/diwali party/socials again or perhaps attend a council meeting or a pep talk by Mithun Sir before Utsav, maybe eat some chole puri or rajma chawal in the mess, or go to Shetty's with my posting mates, or go to a celebratory dinner with my council.

I still remember cribbing about the rain there but right now even that seems like a fond memory. The sunsets, the beaches, the long drives, marena, bejai, ganesh Chaturthi, DISHA events, everything, trust me everything about mangalore brings a smile to my face. To anyone currently at MCODS, or anyone who's planning to join, take it from me, nothing will top the feeling of being in the place you're in. College is a blessing and you'll know once you step out that how good your foundation is in terms of academics, or how good your hand skills are compared to contemporaries. You'll understand how much more you're getting in terms of clinical exposure and research. So live each day, make the most of it, cherish these time you have there, because you're in a place most of us like to call home away from home. Honestly would kill to scream, MCODS ka dhoom dhadaka Ho ha ho ha on the top of my voice in Marena greens on more time. So here's to our collective home, our comfort zone, our college, Our MCODS, Mangalore.

Dr. Parthvivee Sharma

Batch of 2017





**Neha Nayak**  
O'20



**Chinthana J**  
O'21



**Safiya Huda**  
O'22



**Nikita Nayak**  
O'20



**Dewanshi Paul**  
O'22







Vinayak .Nandi -0'22



Akshay. Pai -0'20



Dr. Kamala. G -0'18



Chinthana -0'21



Aditi. Rao -0'22



Sania. Mehra -0'21

# Man's perspective

From small hairs on my head till all turned out white ,  
This world told me to fight.  
They always see my brighter side,  
But failed to see the tears I bury deep inside.  
I wanted to cry when my daughter left,  
wanted to hug her tight,  
But i was a man with glory and pride .  
The unwashed tears i uphold ,  
The cries which cannot be shown  
With each passing day it becomes darker and cold.  
Yes! The tears hurt me as if they all turned into stones.  
But i cannot show as i am man and a man cannot cry.



HARSHITA  
BATCH OF 0'20



# I wish

I wish,  
I was yours,  
And that my heart,  
Won't feel numb,  
All the time.

I wish,  
That my words,  
Had more meaning,  
The same for my life,  
And more so,  
For my thoughts.

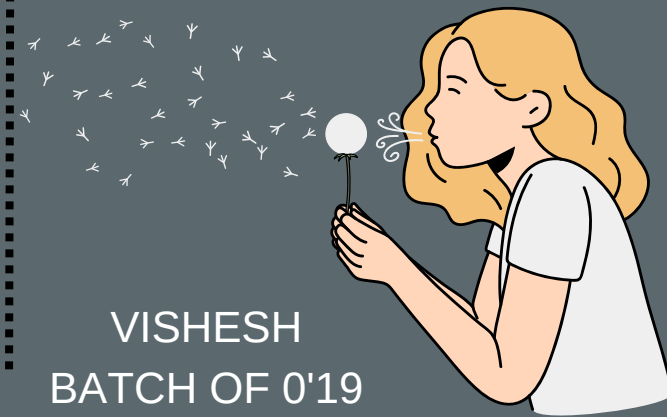
I wish,  
I would be better,  
For myself,  
A little selfish but yes,  
Good on myself,  
And better for.

I wish,  
My handwriting,  
Was like a flowing  
Drop from a melting glacier,  
Finding a way,  
Through everything.

I wish,  
I had the ability,  
To show my emotions,  
Other than anger,  
And disappointment,  
In myself,  
And that I had done more efforts,  
To save me,  
From my myself.

I wish,  
Water represented my thoughts,  
And that there's an,  
Unimaginable amount of it,  
But I wish that every time,  
I tried to have it,  
That calamity will strike me,  
And I'll be barren,  
Alone,  
In a land of drought.

I wish,  
That I could wish more,  
I wish,  
That I could be more,  
I wish,  
That there are things,  
Secrets between us,  
I wish,  
No one put me on a pedestal,  
I wish,  
I could see the truth,  
I can but I'll ignore it,  
Cause it's too soon for me,  
To be heartbroken again,  
I wish,  
I could do something about it,  
I wish,  
That I could do what I wish,

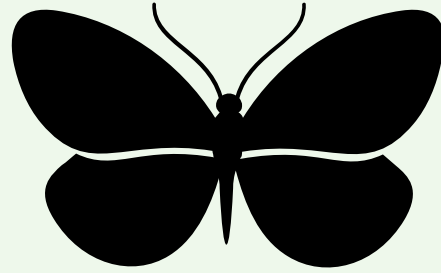


VISHESH  
BATCH OF 0'19

# Icarus

On piano, he pours his heart out  
But the rumours are he never feels,  
Forgotten to smile deep within.  
Bleeds his heart out,  
But for help, he never screams.

I have seen him smile,  
I have seen his joy.  
As bright as a sun in the sky,  
He was like a child.



Don't grow up to be me.  
He told me once, with lifeless eyes.  
A failure? I have not seen him as one.  
But for himself, he was the fallen  
son.

He cries in the car, He smiles when  
you ask.  
Hidden are his scars, like Icarus, he  
falls.  
But not his will,  
Melted wings but his might never  
remained still.

He fell and he got up,  
He flew and he blossomed.  
Touched the sun,  
Little boy, it's dangerous you would  
get burned.  
His eyes beady, I am not scared  
they said.

I have seen his fall of grace,  
And I shall be the witness to his  
soar.  
He nigh has the wings of wax,  
But wits he has of gold.

When asked if he is okay,  
He smiles.  
Pours his heart out on a piano,  
But rumours are he never feels.

**PAARTH**  
**BATCH OF 0'20**



# BATCH OF 2020



Neha Nayak

*Gorgeous - Taylor Swift*



Thanistha Sundar

*Style- Taylor Swift*



Shikhar Singh Panwar

*jaye wahi le jaye jaha...Besabriyaan*



Nisha R. Shetty

*"Live for the hope of it all"*



Paarth Yesaare

*Art is not what I create, what I create is chaos.*



Aakriti Chaudhry

*Mirrorball- 2:29-3:03*



Riddhi Sharma

*Bewafaa*



Vanshika Arora

*Wo Noor*



Raj Aryan Maturi

*I'm not materialistic, but I got a thing for you, Treat the world like my guitar, I'm pullin' strings for you*



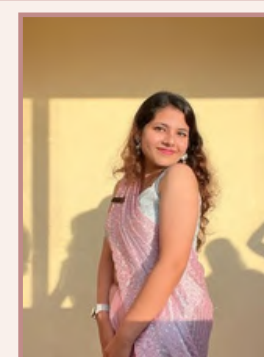
Daksh Vyas

*Kaale Je Libaas Di Shukeenan Kudi Door-Door Jaave Mere Kaale Rang Ton,*



Tijo Joseph

*Trance*



Ann Rose Satheesh

*The deeper the night. the brighter the starlight.- Mikrosmos*



Kopal Nigotia

*I want to grow up once again*





Ayushi Kumari

*Ek din aap*



Arsh Kalia

*ਗਬਰੂ ਤਾਂ ਵੈਰੀ ਨੂੰ ਵੀ ਮੀਠਾ ਬੋਲਦਾ ਨੀ ਤੂੰ ਤਾਂ ਫੇਰ  
ਜੱਟ ਦਾ ਪਯਾਰ ਗੋਰੀਏ*



Diya Rao

*Not done fightin', I don't feel I've lost Am I dreamin, is there  
more like us? Got me feeling like it's all too much I feel  
beaten, but I can't give up I'm still fightin*



Charan M Shettigar

*Tum jo milo...*



Mita Shanbhag

*I think I've been too good of a  
girl, Did all the extra credit, then  
got graded on a curve I think it's  
time to teach some lessons*



Pipada Kush Dheeraj

*Rismit ko bhool, bhool mat apni vajah  
lagee hai chot, vardaana hai, na koi  
sazaa.*



Amlan Jyothi Borah

*Killers from Northside (In the killers  
click shooting niggas taking blood)*



P.R Kushala sai

*Save myself (ED Sheeran) - Life can get you  
down so i numb the way it feels*



Raunak Ashna

*Moh moh ke dhaage*



Khushi Sharma

*When the sun shines,  
we shine together.*



Sanchayan

*Teri mitti - Tu kehethi thi tera chand hoon main, aur  
chand hamesha rehetha hai*



Chaitanya S

*Don't need makeup to cover up Being the  
way that you are is enough*



Prasad Karnad

*kisi kee muskuraahaton pe ho nisaar  
kisi ka dard mil sake to le udhaar  
kisi ke vaaste ho tere dil mein pyaar  
jeenaa isi ka naam hai*



Divyanshi

*Heer toh badi sad hai*



Devika Prasanth

*Dynamite - BTS*





Harshita Rai

"ajeb dasta hai yeh,  
kaha shuru kaha khtam"



Tanisha Shetty

I don't know what to do?



Vasupratha Venugopal

Koylaa kaalaa hai Chhattaanon  
ne paala hai Andar kaala, baahar kaala Par  
sachcha hai saala



Prabhpreet Kaur

Desi girl



Riya Anand

And I keep my side of the street clean  
You wouldn't know what I mean.  
Karma - by Taylor Swift



Kush

Risamat ko bhool, bhool mat apni vajah  
lagee hai chot, vardaana hai, na koi  
sazaa.



Nihal

Hay garmi🔥



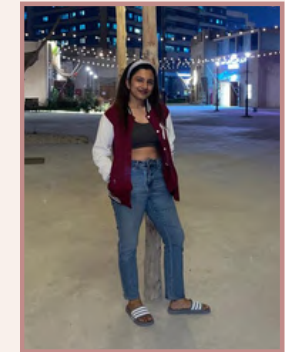
Ruban Kuriakose Valavanolickal

Ariyathe ariyathe, Ariyaathe ariyaathe ee  
Pavizha vaarthinkalariyaathe



Nikita Das

Moh moh ke dhaage



Jefy Rose Francis

Way 2 sexy for your  
gang🔥



Nidhi Ullal

We're only gettin' older, baby And I've been thinkin'  
about it lately Does it ever drive you crazy Just how  
fast the night changes?"



Akshay S. Pai

Got the man with the plan right here  
Bringin swag with the man right here



Nikita Nayak

Jaane kyun yeh pal Pigal gaya fisal gaya,  
Jaane kyun yeh pal Pigal gaya pigal gaya



Prajval

Badla mijaz mera phookte hi grass  
Grass lage hai mohe sabka ilaaj



Akshita Gupta

Champagne and rolled-up notes

# BATCH OF

# 2019



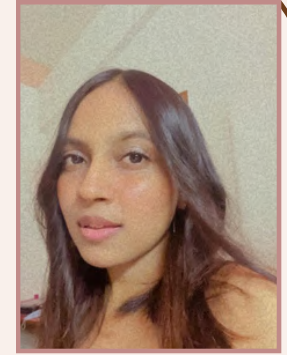
Vishesh Verma

*Oh, angels sent from  
up above*



Pranitha Bangera

*You know you make  
my world light up*



Sakshi

*When I was down,  
When I was hurt  
you came to lift me up*



Kashish Bhandwaj

*Life is a drink and  
love's a drug*



Archit Shukla

*Oh, now I think I  
must be miles up*



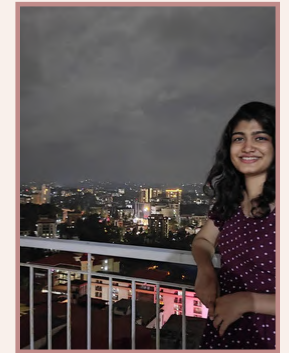
Saanya Bhasin

*When I was a river, dried  
up  
You came to rain a flood*



Neha Thomas

*You said, "Drink from  
me, drink from me"*



Diya Kamath

*When I was so thirsty  
Pour on a symphony*





Anandita suresh

*Now I just can't get  
enough*



Shanmetha

*Put your wings on me,  
wings on me*



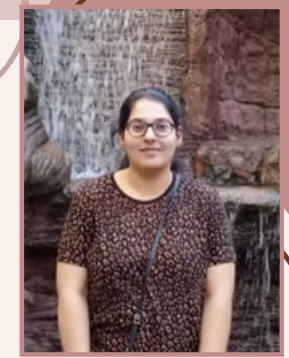
Lipika

*When I was so heavy  
Pour on a symphony*



Dhanvi

*When I'm low, low, low,  
low*



Diksha

*I-, oh I-, oh I-*



Simran

*Got me feeling drunk and  
high*



Aaska bajajn

*So high (so high), so high  
(so high)*



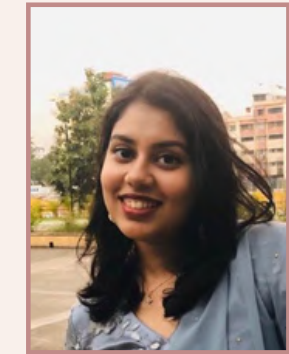
Revati

*Oh I-, oh I-, oh I-*



Himshweta

*Now I'm feeling drunk  
and high*



Ishra

*So high (so high), so high  
(so high)*



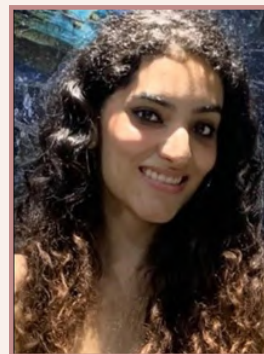
Swati bhatnagar

*Oh, angel sent from up  
above*



Shashank

*I feel you coursing  
through my blood*



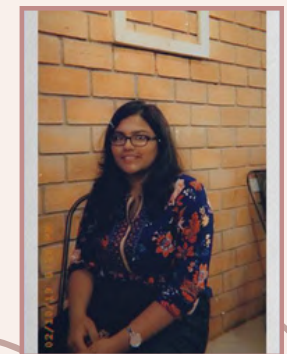
Riddhi

*Life is a drink, your love's  
about*



Ayushi

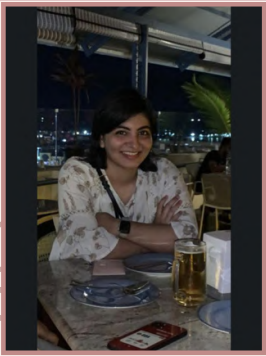
*To make the stars come  
out*



Suwiksha Naik

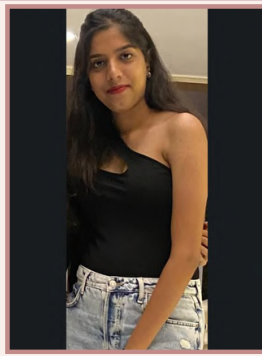
*Put your wings on me,  
wings on me*





Nikki vasani

*When I was so heavy  
Pour on a symphony*



Nupur

*When I'm low, low, low, low*



Pooja Sinha

*I-, oh I-, oh I-*



Pragya

*Got me feeling drunk and  
high*



Pulkit

*So high, so high (so high)*



Allen

*Oh I-, oh I-, oh I-*



Lavanya singh

*Now I'm feeling drunk  
and high*



Anima

*So high (so high), so high  
(so high)*



Jovanna

*I-, oh I-, oh I-*



Khushi

*La, la, la, la, la, la, la*



Nihala

*So high, so high*



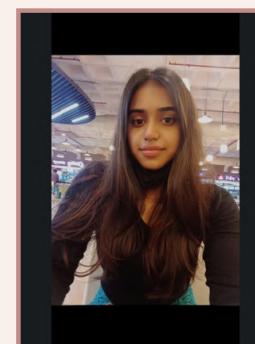
Shweta

*I-, oh I-, oh I-*



Vaishnavi ray

*Now I'm feeling drunk and  
high*



Agnisha

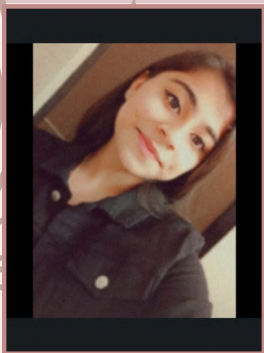
*So high (so high), so high  
(so high)*



Akshath

*That we shoot across the  
sky*





Lavangi

*That we shoot across the*



Rachel

*That we shoot across the  
sky*



Vasanthan

*That we shoot across the  
(that we shoot, yeah)*



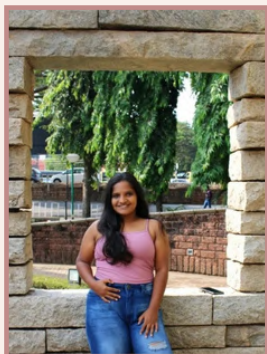
Tasmiah

*That we shoot across the  
sky*



Rashell

*That we shoot across the*



Sharol

*That we shoot across the  
sky*



Astha shubangi

*That we shoot across the*



Ria

*I-, oh I-, oh I-*



Vini singh

*Got me feeling drunk and  
high*



Dikshita deka

*So high (so high), so high  
(so high)*



Subir kumar

*Oh I-, oh I-, oh I-*



Anoushka Dabolkar

*Now I'm feeling drunk and  
high*



Mandeep Chhabra

*So high (so high), so high  
(so high)*



Khushi sethia

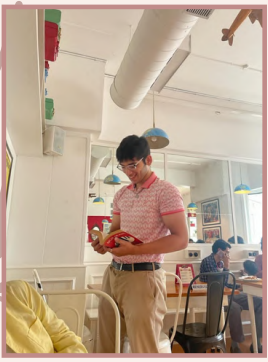
*Oh, angel sent from up  
above*



Kanishk Pant

*You know you make my  
world light up*





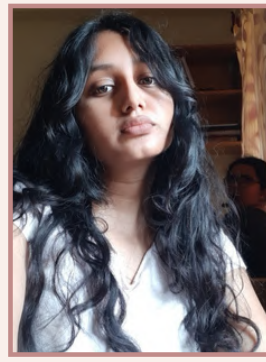
Arjun Kamath

*When I was down, when I was hurt  
You came to lift me up*



Yash Kamat

*Life is a drink and love's a  
drug*



Shruti Chhavi

*Oh, now I think I must be  
miles up*



Anuraag Kamal

*When I was a river, dried  
up*



Pranav Jain

*You came to rain a flood*



Shravani Shastri

*You said, "Drink from me,  
drink from me"*



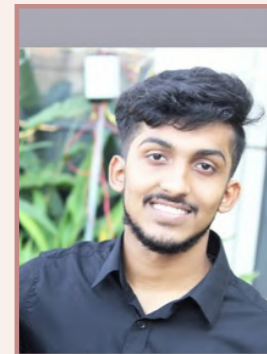
Shravani Shreya

*When I was so thirsty,  
Pour on a symphony*



Inderpreet singh

*Now I just can't get  
enough*



Rahul Rajesh

*Put your wings on me,  
wings on me*



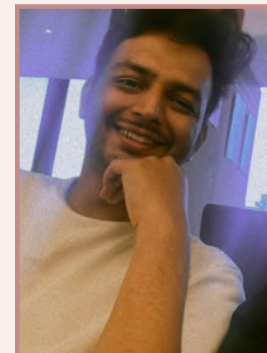
Disha gupta

*When I was so heavy  
Pour on a symphony*



Anamika Gupta

*When I'm low, low, low,  
low*



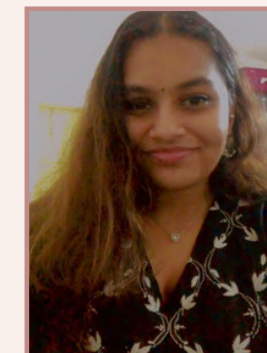
Ayush Jaiswal

*I-, oh I-, oh I-*



Agniswar Roy

*Got me feeling drunk and  
high*



Nanthana Nair

*So high (so high), so high  
(so high)*



Ananya Jha

*Oh I-, oh I-, oh I-*





Amitesh Gautam

*Now I'm feeling drunk  
and high*



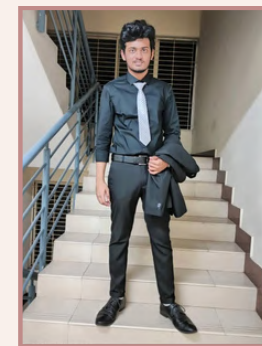
Lavanya

*So high (so high), so  
high (so high)*



Ritika

*I-, oh I-, oh I-*



Shreyas Narayanan

*La, la, la, la, la, la*



Khushi Rao

*So high, so high*



Swati Ranjan

*I-, oh I-, oh I-*



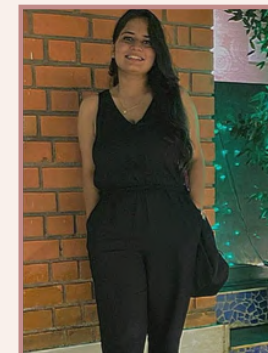
Asmita De

*Now I'm feeling drunk  
and high*



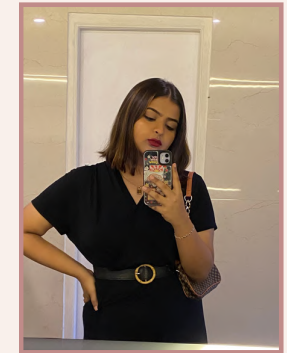
Shubhangi

*So high (so high), so  
high (so high)*



Swati Solanki

*La, la, la, la, la,*



Akansha Kashyap

*La, la, la, la, la, la*



Akashy. Pai -0'20



Chinthana -0'21



Ziya Sheikh -0'21



Sania .Mehra -0'21



# BATCH OF 2018



Ravi divya lakshmi

*Here's to the ones that  
we got*



Fernandes rhea  
satish

*Cheers to the wish you  
were here, but you're  
not*



K divya denica

*Cause the drinks bring  
back all the memories*



Meera manoj

*Of everything we've been  
through*



Divyanshi nathi

*Toast to the ones here  
today*



Aryan pratap

*Toast to the ones  
that we lost on the  
way*



Ishan Bhatla

*Cause the drinks bring  
back all the memories*



Vyom Gupta

*And the memories bring back,  
memories bring back you*



Snehashish Deb

*There's a time that I  
remember*



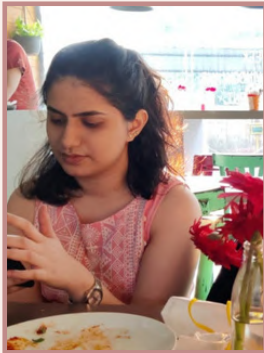
P. Sai Sohana

*when I did not  
know no pain*



Sakshi Dagar

*am i still young? can i dream for a  
few month more*



Priyanka madhav  
kamath

*When I believed in forever*



Aryan Pratap

*and everything would stay the  
same*



Ayanika maitra

*Now my heart feel like  
December*



Nagarjuna shashidhar  
reddy

*when somebody say your name*



Joshi dhruva  
prakash

*'Cause I can't reach  
out to call you*



arya vijay

*but I know I will one  
day, yeah*



Siambiakthang valle

*Everybody hurts  
sometimes*



Mathew Sebastian  
Zacharias

*Everybody hurts someday*



Prerna shah

*But everything gon' be  
alright*



Kushagra sachdeva

*Go and raise a glass  
and say, ayy*





Sharanya prabhakar

*Here's to the ones that we got*



Rhea Chadha

*Cheers to the wish you were here, but you're not*



Shreya Das

*Cause the drinks bring back all the memories*



Aanchal arora

*Of everything we've been through*



Chaitra m

*Toast to the ones here today*



Aarti singh

*Toast to the ones that we lost on the way*



Amulya jain

*'Cause the drinks bring back all the memories*



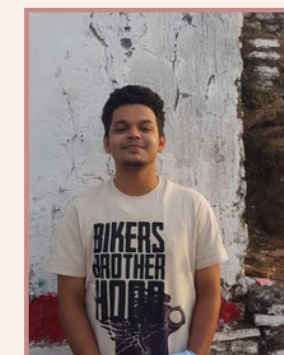
Simran gupta

*And the memories bring back, memories bring back you*



Vishaka girdhar

*Doo doo, doo doo doo doo*



Gokul krishna m

*Doo doo doo doo, doo doo doo doo*



Indrashish Chakravorty

*Doo doo doo doo, doo doo doo*



Sandra rebecca mathews

*Memories bring back,*



Mariyam

*Memories bring back you*



Ashish shankar shetty

*There's a time that I remember*



Hansimrat kaur

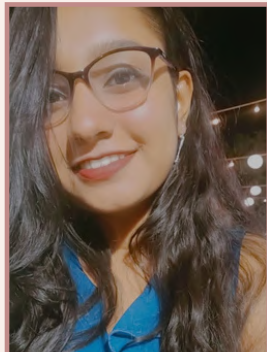
*when I never felt so lost*





Farhad ali

*When I felt all of the  
hatred was too powerful  
to stop*



Jessica sonal  
monterio

*(ooh, yeah)*



Ritwik kumar  
mandal

*Now my heart feel like an  
ember*



Pankuri khanna

*and it's lighting up  
the dark*



Shruthi naarayana

*I'll carry these torches  
for ya*



Krishna priya

*that you know I'll never  
drop, yeah*



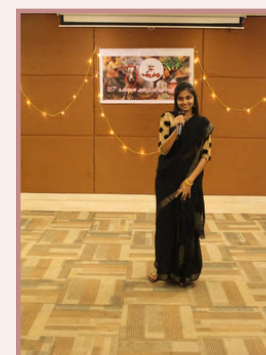
Vaishalee pruthi

*Everybody hurts  
sometimes,*



G. kamala

*everybody hurts someday Eh eh*



Madhumitha m

*Everything goin be  
alright*



Muskan sharma

*go on raise a glass  
and say Eh*



Nithan s

*Here's to the ones that  
we got*



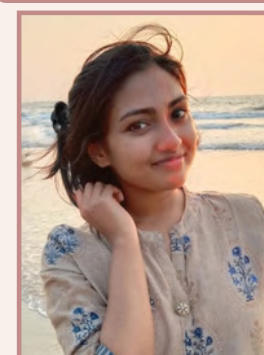
Prathvi kamath

*Cheers to the wish you  
were here but you're not*



Prakrati kamath

*Of everything we've  
been through*



Adheena madhu

*Toast to the ones here  
today*



Ayush verma

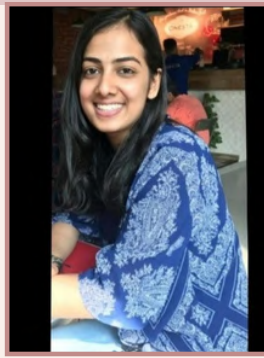
*Toast to the ones that  
we lost on the way*





Nidhi kumari

*'Cause the drinks bring  
back all the memories*



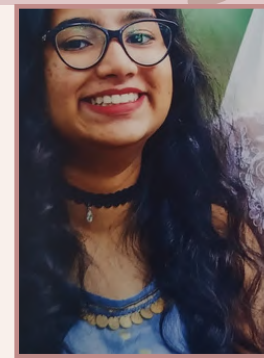
Radhika agarwal

*And the memories bring  
back*



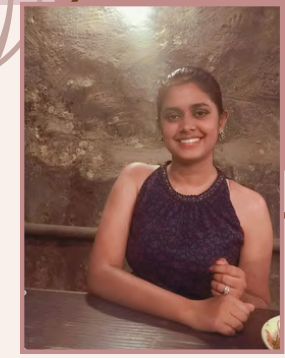
Pratik nandkumar  
wathore

*Memories bring back  
you*



Madhura sathiya

*Doo do do doo*



Adusumilli sree  
mayukha

*Memories bring back*



Sukanya  
chakraborty

*Memories bring back you*



Dallen shone  
dhello

*Doo do do doo*



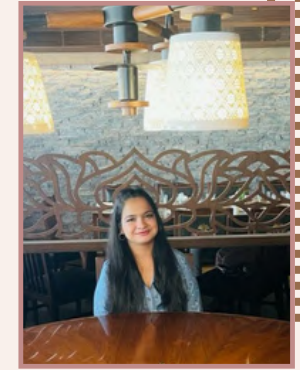
Sharanya  
prabhakar

*Memories bring back*



Nandina  
praveen

*Memories bring back you*



Ananya

*Yeah yeah yeah*



Radhika ailawadi

*Memories bring back*



Durva manojkumar  
vadke

*Memories bring back you*



Lakshita sinha

*Doo do do doo*



Jacinta

*Doo do do doo*



Joshi pranjali  
shrinane

*Doo do do doo*





Somya jain

*Here's to the ones  
that we got*



Bhaskar nagpal

*Cheers to the wish you  
were here but you're not*



Arpit gupta

*Cause the drinks bring  
back all the memories*



Dipanjan deb

*Of everything we've  
been through*



Ravi kumar gulati

*Toast to the ones here  
today*



Shruti tripathi

*Toast to the ones that we  
lost on the way*



Pooja natarajan

*Cause the drinks bring  
back all the memories*



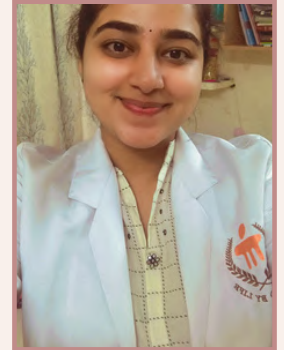
Mense urmila  
sachin

*And the memories bring  
back*



Shariq ibrahim

*Memories bring back  
you*



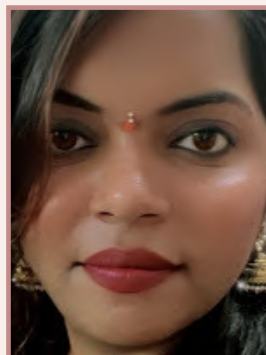
Kritika bali

*There's a time that I  
remember*



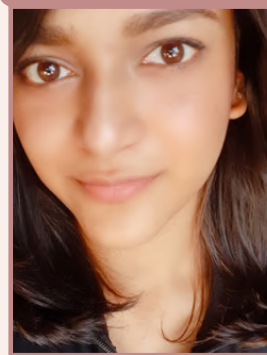
Gurteer singh  
badhaan

*when I did not know no pain*



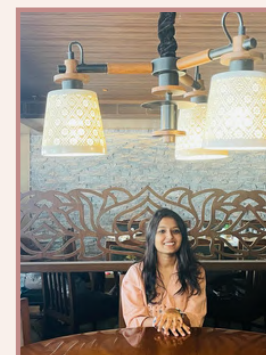
Yashaswini  
modukuru

*When I believed in forever*



Shreya rath

*And everything would  
stay the same*



Shreya kumar

*Now my heart feel like  
December*



Shreya bhat

*When somebody say  
your name*





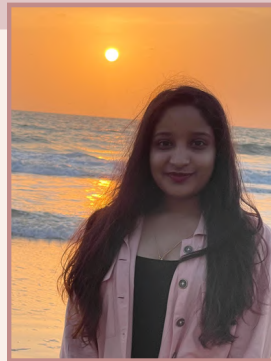
Kiran gurdasani

*Cause I can't reach  
out to call you*



Dristi keddia

*But I know I will one  
day*



Pratheeksha

*Everybody hurts  
sometimes,*



Kriti kaushik

*everybody hurts  
someday Eh eh*



Adila ambreen

*Everything will be  
alright,*



Dheekshitha a

*go on raise a glass  
and say Eh*



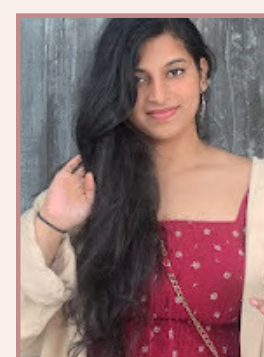
Disha prabhu

*Here's to the ones that  
we got*



Sahej chandha

*Cheers to the wish you  
were here but you're not*



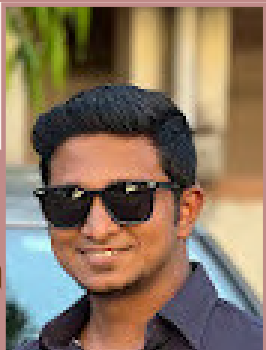
Sukanya Menon

*Cause the drinks bring back  
all the memories*



Devanarayanan Nampoothiri

*Of everything we've been  
through*



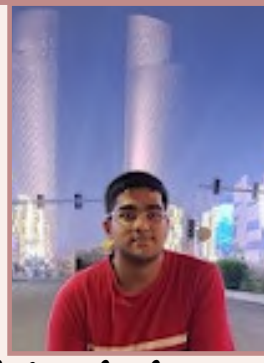
Jack mukhada

*Toast to the ones here today*



Rao purvi pravin

*Toast to the ones that we  
lost on the way*



Alistair john bryan crasto

*Cause the drinks bring back all  
the memories*



Vrinda ashok

*And the memories  
bring back*

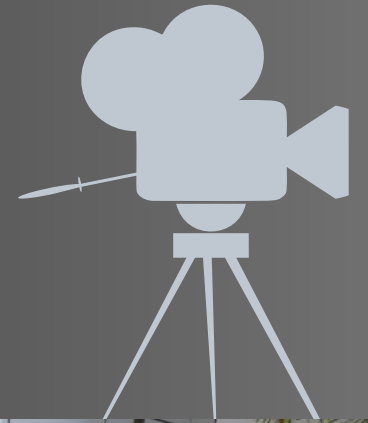


Arushi Lal

*Memories bring back  
you*

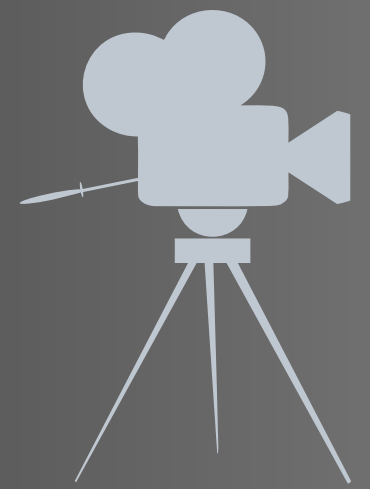


# Batch of 2022



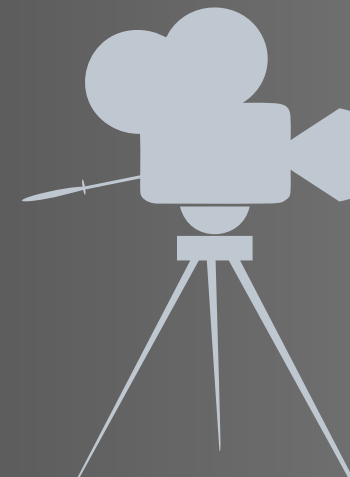


# Batch of 2021



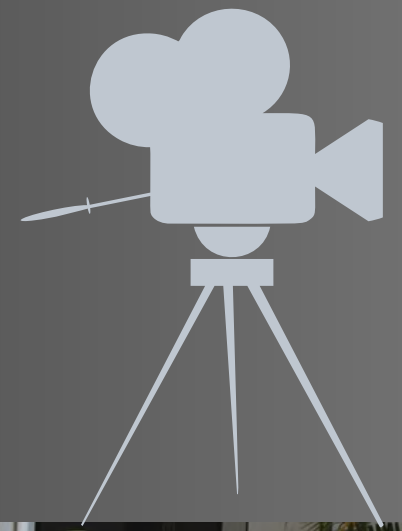


# Batch of 2020



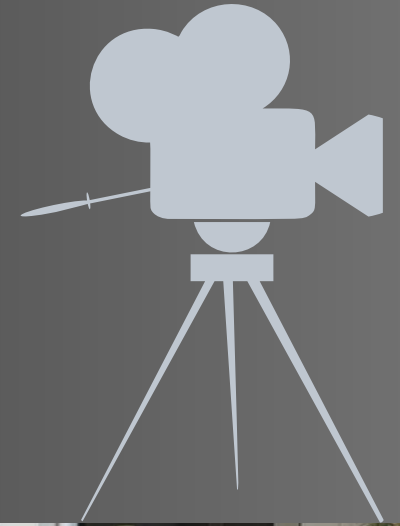


# Batch of 2019



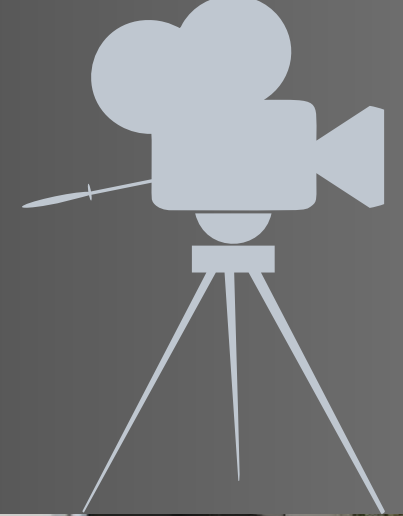


# Batch of 2018



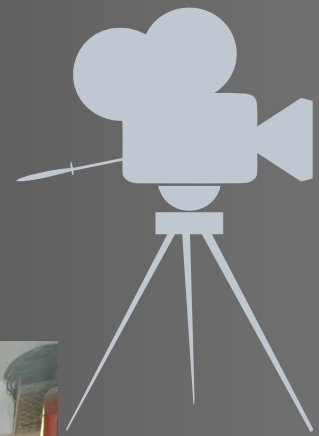


# Batch of PG's



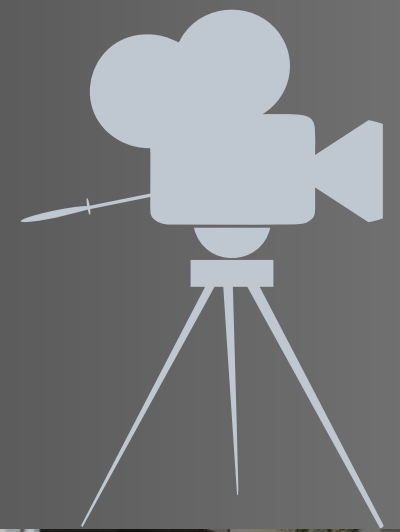


# PhD Scholars and Guides



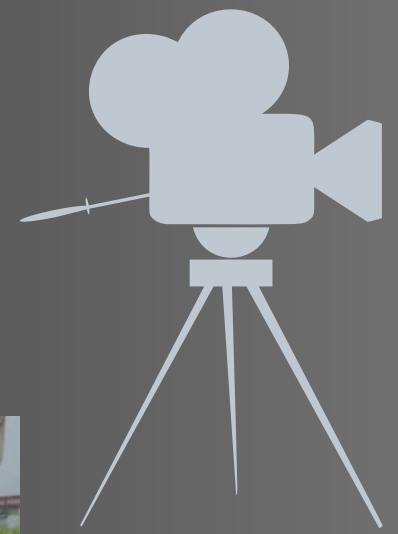


# FACULTY



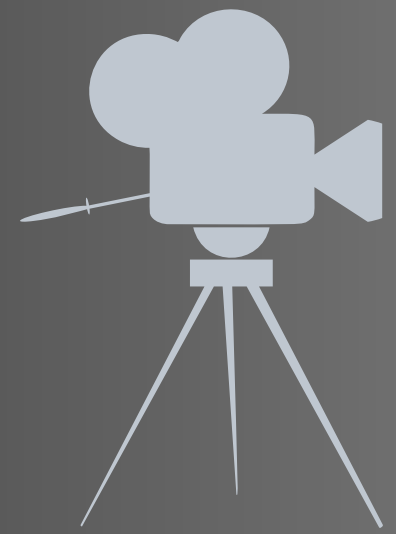


# Council Members





# Editorial Board 2022-23





# THE EDITORIAL BOARD

## 2022-23



**DR. JESSICA SONAL**  
Focuses on solutions rather than on problems, her experiences are blessing in disguise.



**DR. DURVA VADKE**  
Quiet yet the sweet supporter you can ask for.



**DR. AKANSHA KASHYAP**  
Passion and Love defies her.



**SUPRIYA BAHIDAR**  
Does no harm but takes no shit.  
'Be patient and smile' that's her key.



**DIYA THEJA CHANDAR**  
My mind takes suggestions from heart not from people.



**RIYA ANAND**  
Dreamy eyes and imagination push towards perfection..



# THE EDITORIAL BOARD

## 2022-23



**HARSHITA ASHOK RAI**  
Attitude? What's that! I just smile..



**PRABHPREET KAUR**  
Throws sarcasm around like confetti.



**AAKRITI CHAUDHRY**  
Weaving dreams with words and skills.



**AYUSHI KUMAR**  
Has an infectious energy of excitement.



**VANSHIKA ARORA**  
She believes in slow and steady work.



**ABDUL NIHAL**  
When life turns you down, just throw your audaciousness.



# THE EDITORIAL BOARD

## 2022-23



SANCHAYAN ROY

Tell me the way, I'll execute it better.



HAFAH REHMAN

"Will do it later but better."



DIVYANSHI OJHA

Energetic soul with skillful mind.



CHAITANYA S

Embrace colours more than the palette.



KOPAL NIGOTIA

"Tell me the due date, will work accordingly."



RAUNAK ASHNA

Sweet as honey but busy as bee.



# THE EDITORIAL BOARD

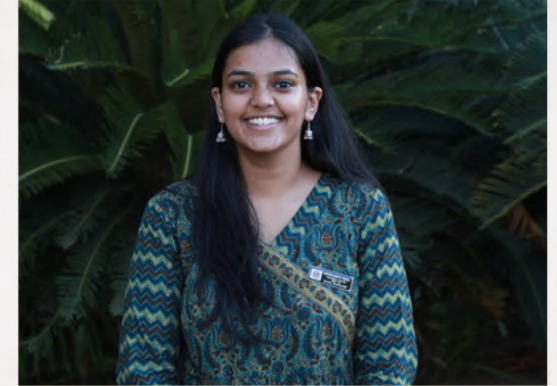
## 2022-23



**GAUTHAM SANIL**  
Calm mind with intelligibility.



**ZIAFAH SHEIKH**  
Beauty and talent goes hands on.



**DEWANSHI PAUL**  
Creativity and calligraphy illuminates  
an ordinary into extra ordinary.



**VINAYAK NANDI**  
His lens talks more than he does.

Our work is the presentation  
of our capabilities.

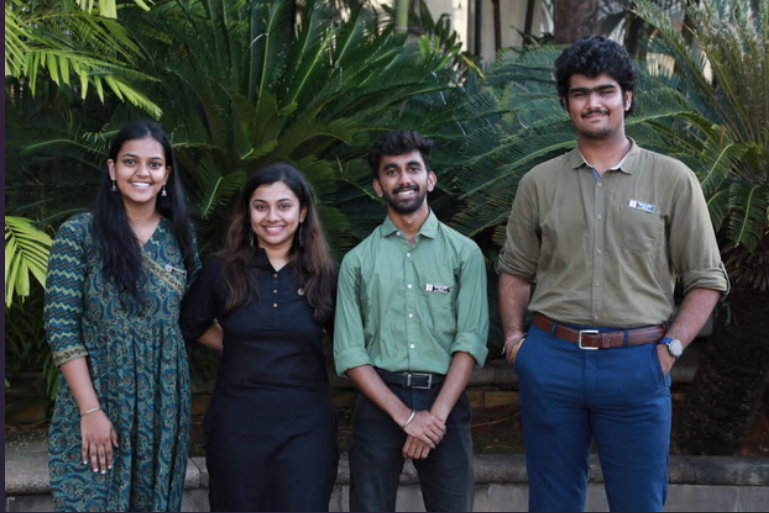


**PREM BAJEKAL**  
There's no word called 'delay' in my  
dictionary.





# TEAMWORK- WHERE INDIVIDUAL BRILLIANCE FUELS COLLECTIVE SUCCESS.





# Thank You

I find myself at a juncture where words feel inadequate to express the depth of my gratitude towards each person associated with the magazine. Avyanna would just have been a name if it wasn't combined into the pages full of aspirations. It has been a great pleasure along the journey of making the magazine which encapsulated the entire essence of our college. This would not have been possible without the support of our beloved staff and students.

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Thank You everyone!

**Supriya Bahidar**

**Magazine Editor**

**Dental Student Association 2022-23**



Scan for the meaning

